

BBC

November 2019
DHS15

goodfood

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Middle East

Al fresco dining is here

**Your go-to guide
for eating in the
sunshine**

- + Smoky pick & mix grill recipes
- + Dubai's best terrace restaurants
- + New UAE outdoor brunches to try

**EASIEST
EVER
MIDWEEK
MEALS**

**10 tips for
stress-free
barbecuing**

**Tom Kerridge's
30-minute menu**

- Crab & tangled asparagus on toast
- Rib-eye with steak pan potatoes & peas
- Peach & raspberry salad with mascarpone

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Inside Reif Japanese Kushiya | 3 fitness classes to try | 3 new vegan menus in Dubai | UAE dining deals



[eat, chill & drink at our outdoor terrace.]
drop by & enjoy daily happy hour every hour or check out our new food menu

monday
mussels

AED 125
pot of mussels
from 1.00 pm onwards

friday
urban brunch

AED 265
unlimited selected drinks
from 1.00 pm to 4.00 pm

every tuesday,
wednesday & thursday
live music

from 8.00 pm onwards
friday 1.00pm onwards

ubk
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Welcome to November!

The most wonderful time of year in the Middle East has finally arrived. Al fresco season is back, which means lazy weekend barbecues with friends, picnics at the beach, and romantic terrace dining under the stars with loved ones.

This month's issue has been curated to act as your go-to essential guide for eating outdoors – whether it be for hassle-free, quick-prep recipes, or recommendations on where to dine across Dubai and Abu Dhabi, we cover it all.

Gather your crew, grab a cold drink and dive into our best grill recipes from page 27 onwards (*Smoky grills to share*) – from fiery prawn & pepper skewers, to membrillo-glazed halloumi, you'll certainly find no ordinary flavour combos here.

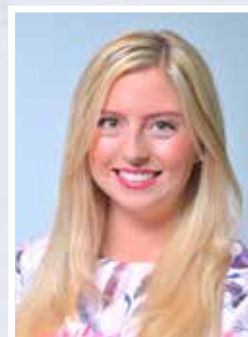
For trusted tips on how to host a killer cook-out, turn to page 93 for Tony Naylor's top 10 pointers for perfecting the art of hosting a barbecue (yes, there really are dos and don'ts that are sure to earn you brownie points with your guests).

We also have a great 'healthy BBQ' menu from page 74. Swap your usual sausages and burgers for colourful, lighter alternatives like jerk sea bass & pineapple salsa, and charred squash & spiced lamb – they're lower in calories and fat, while still packing a punch of vibrant flavours.

This month also sees the tenth edition of the *BBC Good Food Middle East Awards*, which recognises and celebrates the very best culinary talent in the region. On behalf of the entire team, we'd like to wish all of the finalists in this year's Awards the very best of luck, and say a big thank you to all of our readers for taking the time to vote for your favourites. Winners will be revealed at a glittering ceremony on November 28 – so be sure to look out for the announcement on our website.

Enjoy al fresco dining in the sunshine this month, everyone!

Happy grilling,



Sophie
Editor

WHAT WE'RE LOVING!



"What's a BBQ without a great salad? Don't miss this month's rainbow beef salad – it's hearty, delicious and sure to impress your guests," says sales executive, Liz.



Online editor, Glesni says: "Make beef the star of your barbecue with this rib-eye with steak pan potatoes & peas – it's a real crowd-pleaser."



"End your garden party on a fruity note with our topical tiramisu – it's great for both adults and children," says graphic designer, Froilan.



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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



Being a nurse and foodie, I was intrigued when I read Expo 2020 Dubai's take on sustainable gastronomy in the October issue of BBC Good Food Middle East. Knowing how to lessen our carbon footprint and how to make healthy choices through these interesting and amazing innovations being done in farming and in the kitchen worldwide is just amazing. And the fact that this knowledge will be shared here in Dubai, right on our doorstep, makes the Expo 2020 an even more exciting event to look forward to. Thanks, Good Food ME for shedding light on this major event!

Jennifer Alanon



As a working Mom, I loved your recipes from the easy midweek meals section of the October magazine. It is truly a time saver! I like my food fresh but cooking in the morning and preparing my child for school at the same time stresses me out. So, your recipes really help me out in providing home cooked meals for my family. It all comes down to planning, I collect all the easy and time saving recipes and plan our meals out for the whole month. Keep 'em coming please!

Mathilde Dewy



I love Italian food and have been searching for places where me and my family can dine that will serve good Italian cuisine. I stumbled across your restaurant review of Andiamo, Grand Hyatt Dubai and it gave me an idea where my family and I can go. Thanks for the good tip!

Joan Evert Gonzales





WIN!

The winner of the 'star letter' this month will receive **The Atlas Pasta Machine from TAVOLA, WORTH DHS499!** The most popular machine to make fresh homemade pasta and an icon of Made in Italy Design. With Atlas 150 you can easily make lasagna, fettuccine, tagliolini and 13 other pasta shapes thanks to the wide range of accessories. You can choose from the chrome steel version to the anodised aluminium in 5 different colours. Visit tavolashop.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



Queen Elizabeth 2

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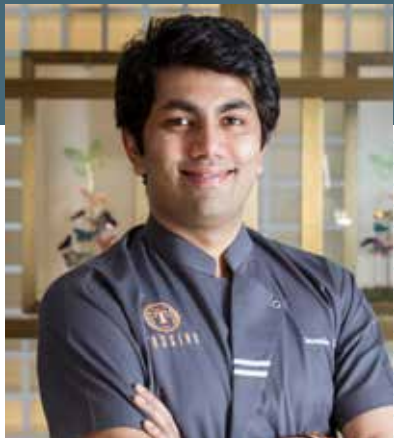


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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



COUTURE CAKE ATELIER 'LITTLE VENICE CAKE COMPANY' TO OPEN IN DUBAI



One of the UK's leading bakers and cake artist, Mich Turner MBE is set to open her first atelier bakery outside of the UK, at The Royal Atlantis Resort & Residences in 2020.

Since founding the company in 1999, Mich Turner has amassed a huge reputation across a very broad clientele.

From Downton Abbey to Buckingham Palace, Little Venice Cake Company has created cakes for Her Majesty the Queen and megawatt celebrity fans including Pierce Brosnan, Sir Paul McCartney, Emma Thompson, Sharon and Ozzy Osbourne, Madonna and David Beckham all counting themselves as true devotees with Gordon Ramsay describing Mich as 'the Bentley of cake makers'.

For those with a sweet tooth, visitors will be able to purchase a slice, or a whole cake to take away – from posh doughnuts, to afternoon tea loaf cakes, homemade fudge and florentines, fresh fruit tarts, chocolate cupcakes, brownies and biscuits as well as a selection of stylish piñata and fresh layer cakes. The atelier will retail a selection of Mich's books, china and curated items. Guests will also be able to personalise cakes and bakes from a seasonal collection for collection or delivery the following day. The space will also serve as a showroom offering a theatrical experience from the glass kitchen within the atelier, which will welcome guests to attend selective masterclasses.

THE BEST BITES

Trèsind Studio & Le Du to host 4-hands dinner

Chef's Himanshu Saini of Trèsind Studio, Dubai and Chef Thitid Tassanakajohn (AKA Chef Ton) of Michelin-starred, Asia's 50 Best No. 20, Le Du in Bangkok will come together in Dubai for a four-hands dinner with an exclusive 10-course + 4-bites menu being served on November 8 and 9, 2019.

Known for its modern Indian offering, Trèsind Studio aims to offer an immersive, intimate culinary journey of the cuisine of India. While Le Du – the Thai word 'season' – serves up a modern Thai-inspired experience.

As part of the two-night pop-up, the menu will explore a modern interpretation of an array of Indian and Thai ingredients, creating a first of a kind experience in the region. The pop-up is a ticketed event and details are available at tresindstudio.com/events/, with entry tickets priced at Dh\$475. Seating options include 6.30pm and 9.30pm, with a capacity of 20 guests per seating. Call +971 588951272.



Marks & Spencer's Christmas pop-up returns to Dubai Marina Mall

In approach to the 'most wonderful time of the year', Marks & Spencer has revealed that its Christmas pop-up store will be returning to Dubai Marina Mall from October 30 to December 25, 2019, for its second year.

With festive favourites such as mince pies, Christmas puddings and its mini bite tubs, the pop-up store will also include quintessential British treats such as crumpets and all-butter mini shortbread trees. The pop-up store will also be selling Marks & Sparks gifts.

Plus, for those not able to make the journey to Lapland to see Santa this year, Marks & Spencer has arranged for him to take up residence in its specially-made Santa's Grotto, which will open on November 28. The pop-up store will be open on weekdays from 10am to 10pm, and on weekends from 10am to 12pm.

JAMIE OLIVER'S NEW FOOD TRAVEL TV SHOW



Join celebrity chef Jamie Oliver as he embarks on his latest travel adventure, a vegetarian food adventure across the globe in his latest show 'Jamie's Ultimate Veg'. The show is now being aired in the Middle East on FOX Life.

In this brand-new series, Jamie takes viewers on a culinary tour, seeking inspiration from local everyday cooks to serve flavour-filled, mouthwatering, healthy veg dishes that draw on both traditional and modern cuisines.

With a growing worldwide movement towards more plant-based, sustainable and environmentally friendly diet, 'Jamie's Ultimate Veg' encouraging meat-eaters and vegetarians alike to put vegetables front and center in their diet.

Sambusek; Indian cuisine from Namak by Kunal Kapur; and modern interpretations of classic Chinese dishes at Dai Pai Dong; with more restaurants to be announced over the coming weeks.



MEET ONE&ONLY ROYAL MIRAGE'S NEW CULINARY PARTNER

One&Only Royal Mirage in Dubai has revealed its collaboration with one of France's most celebrated culinary talents, Chef Mauro Colagreco. Mauro is Chef Patron of the three-Michelin starred restaurant, Mirazur, on the French Riviera which was voted number one in the world at The World's 50 Best Restaurant Awards 2019.

The partnership with One&Only Royal Mirage will see Chef Mauro overseeing the resort's fine dining restaurant Celebrities, The Beach Bar & Grill overlooking Palm Island bay and Esplanade at the Grand Pool of The Palace from November 2019. He will introduce inspired new concepts and menus incorporating influences from his diverse heritage and rich experience for guests to enjoy. Visit oneandonlyresorts.com.

Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

🍷 **Aya, City Walk**

Aya, meaning "beautiful" in Japanese, is the latest opening by locally well-known chef Izu Ani. Aya is said to showcase innovative dining with its bold flavours and layered Asian cuisine. Signature dishes include a mezze of kunafa wrapped prawns, yuzu kosho, sweet with sour tensuyu and miso marinated black cod with grapefruit miso, as well as brown butter ice cream with olive oil sponge and hazelnut crumble which is prepared à la minute. The menu has a delicate mix of rolls, buns and a Josperryaki with a wagyu katsu sando with Aya BBQ sauce and Hokkaido milk bread. The restaurant features an inside and outside space with elements of a Japanese garden complete with a cherry blossom tree symbolising the fragility and beauty of life, tying in with Aya's namesake. Call 04 343 3330.

🍷 **Kayto, Jumeirah Al Naseem**

Kayto, located in Jumeirah Al Naseem, is the latest addition to Jumeirah's fine dining offering. Kayto is the brainchild of CEO Jose Silva and Chief Culinary Officer, Michael Ellis, whose menu has been specially curated by Japanese-Argentinian Chef Cristian Goya. At Kayto, you can expect to savour inspired Nikkei dishes, a blend of Japanese-Peruvian flavours featuring the likes of miso, yuzu, truffle and lime. From a wide selection of seafood specialities and anticucho to an array of sushi on offer, the menu will introduce guests to the tastes of both cultures, balanced by Chef Cristian Goya. The experience is to be further elevated by the pastel and gold interiors, eclectic sound track and expansive views of Burj Al Arab.

🍷 **Motorino's, JA Ocean View Hotel**

With a reputation of having 'the best pizza in New York', Motorino's neapolitan pizza hails from Brooklyn NYC and has since opened in nine locations worldwide, from Hong Kong to Singapore and has now opened doors in Dubai, at JA Ocean View Hotel on The Walk, Jumeirah Beach Residence. Founder and Chef Mathieu Palombino has announced the culinary collaboration with JA Resorts & Hotels as his first foray into the Middle East and personally opened the fully licensed, 120 seat pizzeria in October. His pizzas were called "the best of a new generation of pizzas" by the New York Times, and Motorino NY continues to accrue accolades to this day - it features in The Bib Gourmand Michelin Guide, was awarded Best Pizzeria in New York by The New York Times, Best New Pizza Joints in the City by New York magazine and as a Chefs Feed Winner of 'One of the Best Things to Eat in NYC'.

Aya, City Walk

Text by SOPHIE VOELZING | Photographs SUPPLIED

5 ALFRESCO SPOTS to dine this month!

➤ Praia, FIVE Palm Jumeirah



Praia is an open-air beachside restaurant and lounge, bringing to you the sea, sand and views of the Dubai Marina skyline. Located at FIVE Palm Jumeirah,

beside the recently opened West Palm beach, this coastal hangout lets the setting and ingredients do the talking. Experience a different mood as the day unfolds; watch the world go by and enjoy a range of European tapas style bites throughout the day; enjoy the beats of the DJ and sip sundowners as the sun sets; or dine oceanside as Dubai Marina lights up in the evening.

The newly launched menu offers guests a sharing-style menu with Mediterranean tapas from Spain, Greece, Turkey and the Levant. Tuck into sautéed shrimp, prawn pitas or Greek street food classic, chicken souvlaki. Freshly prepared salads and mezze include Grandma's Greek salad, burattina and traditional hummous. Seafood lovers can enjoy Praia's 'From the Sea' selection, including grilled king prawns, swordfish steak and whole seabream – there's also a section of sashimi and roll platters. For something sweet, we hear the sticky churros, lemon tacos or crème gourmand are dessert highlights. Call 04-4559989.



➤ Bubbalicious, The Westin Dubai Mina Seyahi Beach Resort & Marina

The popular Bubbalicious Brunch has re-launched to reveal its grand make-

over and three brand-new restaurants. Taking place every Friday from 1pm to 4pm, Bubbalicious is now home to Turkish outlet BABA, Mina's Kitchen, which serves international fare, plus Asian restaurant Sui Mui. Each venue also boasts a terrace, marking the season for al fresco brunching. Prices for Bubbalicious start from Dhs450 for the soft beverage package, with premium packages available. Dining for children 12 years and under is free. The buffet highlights the best of Middle Eastern, Italian, French and Asian cuisines (to name a few), and to satisfy the sweet tooth, the Instagrammable dessert room is not to be missed. Bubbalicious boasts over ten live cooking stations, mixology counters, and is famous for its entertainment which includes acrobatic performances, live music and kids entertainment options. Call 04-3994141.



➤ Palm Grill, The Ritz-Carlton Dubai, JBR

Al Fresco season returns to The Ritz-Carlton Dubai, JBR as casual beachside restaurant, Palm Grill, returns with a fresh new menu, plus beach and brunch packages.

Saturdays welcome the 'Chill & Grill' beach BBQ, a casual brunch concept where guests can enjoy unlimited barbecued food, seated at

rustic tables on the decking, or barefoot in the sand. Buffet highlights include a wide selection of live cooking stations and counters with grilled meats and seafood, plus dishes such as ceviche, beef sliders and chicken tacos, as well as salmon, lobsters and prawns from a live grill station. A range of fresh salads and desserts complete the menu, while live music and 'island-style,' hand-crafted beverages complete the experience. Extend the leisure, pre- and post-brunch with beach and pool access (5 outdoor swimming pools with kids slide and lazy river), along with the option of adding a 30-minute spa treatment.

Available every Saturday, pool and beach access is from 10am to 6pm, and brunch takes place from 1pm to 4pm. The Ritz-Carlton Spa, Dubai is open from 9am to 9pm. Packages start at Dhs275 per person inclusive of 'Chill & Grill' brunch and soft beverages, Dhs395 per person inclusive of 'Chill & Grill' brunch, soft beverages and pool and beach access, Dhs575 per person inclusive of 'Chill & Grill' brunch, soft beverages, pool and beach access and a 30 minute relaxation massage, while children below 5 dine with compliments, and children 6 to 12 years old are priced at Dhs125 per child, including 'Chill & Grill' brunch and soft beverages, and Dhs175 per child, including 'Chill & Grill' brunch, soft beverages and pool and beach access. Premium packages are also available. Call 04-3186160, or e-mail dine.dubai@ritzcarlton.com.

➤ Blue Marlin Ibiza UAE, Golden Tulip Al Jazira Hotels and Resort



The beachside destination plays host to a selection of unlimited Mediterranean fusion cuisine, with fresh sushi, seafood and barbecue delights, alongside crafted drinks and refreshing soft beverages. Luxurious white cabanas are the perfect spot to soak up the sun next to the waters of the infinity pool, or enjoy the sand in your toes on the beach. Relax as the BMI UAE resident DJs get the beach club

swaying to the smooth grooves that build up as the sun goes down. Whether you're with friends or family, it's an epic day all ages vibe to wind up the weekend. Take a trip to Ibiza without the plane ticket. Call 056 113 3400 or e-mail reservation@bluemarlinibiza-uae.com.

➤ Ninive, Jumeirah Emirates Towers Hotel



Experience the Oriental culture at Ninive, located at the feet of Jumeirah Emirates Towers Hotel, your must-try al fresco dining spot for November. From 6pm to 2am, escape the city's hustle and head to Ninive. Conceived as an urban oasis, its decor incorporates the aesthetics of the Bedouin camp, making it a great evening destination for live music and a laid-back dining experience every weekend. Ninive's traditional cuisine from all over the region is served on handcrafted pottery, specially designed to suit the delicate taste of guests accustomed to excellence. Don't miss the Chef's signatures, including the 'Turkish Manti'. E-mail book@ninive.ae.

2 NEW
BRUNCHES
TO TRY!



👉 **Nine7One, The Oberoi, Dubai**

The Oberoi, Dubai has launched a Thursday evening seafood and BBQ night with freshly caught seafood, including locally-sourced fish, Omani lobster, prawns and jumbo squids, grilled with the taste of natural wood. The hotel has also revealed its new 'Sundowners Evening Brunch' on Fridays, where South American and Spanish dishes, healthy salads, kebabs from India and Persia, Pan-American hot selections, curries from Asia, salmon yakitori from Japan, German Flammkuchen, Italian thin crust pizzas, risotto and more will be available.

The BBQ brunch (Thursdays) and the Sundowners brunch (Fridays) will take place weekly 7pm to 11pm, with packages starting from Dhs250 and Dhs275 for food and soft beverages. Premium packages are also available, and children below 12 years will be priced at Dhs135. Call 04-4441444 or e-mail restaurants.dubai@oberoihotels.com.



👉 **West 14 Steakhouse, Dukes The Palm**

West 14th Steakhouse celebrates the cooler season with a new Friday brunch concept. Guests are welcome to dine poolside on the terrace and experience a feast of food, free-flowing beverages and heel-clicking rhythms for Dhs250 per person. Located at Dukes The Palm, a Royal Hideaway Hotel, this laid-back gathering provides an international foodie adventure for all brunch-lovers from 12.30pm till 4pm every Friday. The buffet is spread throughout the dining venue out on to the terrace, and guests will also get complimentary access to the beach and infinity pool. The little ones will not be left out, as the outlet will be offering a kids' buffet with plenty of options. Whilst enjoying food and drinks, guests can dance along to the DJs commercial tunes throughout the brunch. Children up to 12 years of age go free. Call 04-4551101 or e-mail dining.dubai@dukeshotel.com.

👉 **Burger & Lobster, Burj Daman Building**



FANCY
SOME
COMFORT
FOOD?

With a simple yet tasty menu featuring juicy burgers, fresh lobster and a lobster rolls; Burger & Lobster is somewhere to head for a satisfying bite in a fun environment. Bite into Burger and Lobster's real OG's, which includes the 8Ooz Original Burger, The Original Lobster and The Original Roll – these

B&L classics are not to be missed. The Original Burger – a thick, juicy beef patty topped with lettuce, tomato, house made pickles and B&L's secret burger sauce is also one to consider.

Seafood lovers can look forward to The Original – a fresh 1.5lb Canadian lobster plucked from the shell and tender to taste, or try the Original Roll prepared with overflowing chunks of claw meat tossed in creamy Japanese mayo and topped with chives, served in a signature buttery brioche roll. Whether you fancy burgers, or lobsters, or both; these Burger & Lobster Originals are sure to satiate your lunchtime, cheeky weekend and post-work yearnings. Just make sure to plan a long walk back home. Call 04-5148838.



AUTHENTIC
ITALIAN
FOOD

👉 **Prego's, Media Rotana**

Love Italian food? Prego's at Media Rotana is where to head. Open daily, an open kitchen showcases the chefs creating Italian dishes with a wide range of Italian specialties from thin crusted pizzas, to freshly baked homemade breads blazed in a wooden fire oven. An exciting weekly

Friday brunch here features culinary favourites and delightful monthly specials consisting of specially designed menus around noted delicacies complete the experience. Call 04 435 0201.



OUTDOOR
TERRACE
RE-OPENS

👉 **Urban Bar & Kitchen, Mövenpick Hotel JLT**

JLT's Urban Bar and Kitchen, otherwise known as [u]bk is kicking off the cooler months by unveiling its outdoor terrace. The terrace homes a funky garden with live entertainment every Tuesday Wednesday, Thursday and Friday. From lunchtime until late at night, [u]bk cooks up its own brand of pub food favourites, including steaks, UBK signature chicken wings and gourmet burgers. Customers can enjoy [u]bk's new menu and enjoy live sports viewing on one of the 19 screens spread across the bar. Grab your friends and enjoy the 'Funzone' boasting a PlayStation booth, karaoke booth, pool tables and more. Call 04-4380000 or follow ubk on Instagram @ubkdubai.



DINE UNDER THE STARS

A restaurant centered around food, music and art, La Cantine Du Faubourg at Jumeirah Emirates Towers Hotel, Dubai, invites you to indulge under the open night's sky this November

La Cantine Du Faubourg at Jumeirah Emirates Towers Hotel, Dubai, relies on five key principles: food, sound, music, image and art. The dining space doubles as an art gallery, displaying works by some international most daring artists, so be ready for a multi-sensory experience. Here, the stage is set for a chic experience. At once modern and refined, its garden-terrace, bars, salon-restaurant and pergola are distinguished by their subtle palette and natural materials, such as vegetation, see-through curtains, mirrors, marble and wood.

Outside, an intimate urban jungle terrace awaits. La Cantine du Faubourg's terrace is perfect for a business lunch, an 'apéro' after work with colleagues or a chic rendezvous at night with friends.

The food at La Cantine du Faubourg offers a fresh menu showcasing a French modern cuisine. Executive Chef Gilles Bosquet has created the menu, with some 'must-try' dishes with a strong heritage of classic brasseries and influences from around the world.

Release the stress and let the music take over with La Cantine's resident DJ! Join for a weekend of live entertainment and fun – every Thursday and Friday night from 9pm onwards and every Saturday at Brunch 105 from 12pm.

Brunch 105

Since Brunch is all about family, friends and fantastic food, join Brunch 105 open every Saturday from 12pm to 6pm. Step in a Parisian bedroom setting and experience a chic Saturday afternoon. Make the most of your weekends and try the Brunch delicacies, from the wide selection of pastries, eggs, signatures and sweets. Pick up the all-inclusive package of your choice starting from Dh\$265, including of mocktails, fresh juices, soft drinks & hot beverages. Premium packages also available. Be ready to enjoy a vibrant atmosphere with live entertainment and DJ.

Business lunch

Visit La Cantine du Faubourg for a business lunch on weekdays and be ready to savour every single bite of the new additions to the business lunch menu now available. Have a quick and tasty lunch over business meetings, starting from Dh\$110, with your colleagues.

“Voyage en France apéritif”

Every month discover a new region of France after-work. Enjoy your apéritif while learning about the finest French wineries to end your day in a perfect way. In November, we travel to Bordeaux! 'Voyage en France apéritif' is every week from Sunday to Thursday from 5pm till 9pm, priced at Dh\$120 for three glasses and light bites.



La Cantine Du Faubourg
Jumeirah Emirates Towers Hotel, Dubai - UAE

Call: +971 43 527 105
E-mail: book@lacantine.ae
Visit: lacantine.ae
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eat out

abu dhabi

Dining deals and happenings in the capital this month.

2 BRUNCHES TO TRY



HAKKASAN TERRACE, HAKKASAN ABU DHABI

A brand-new night time brunch has launched at Hakkasan Abu Dhabi, and will take place every first

Friday of the month, from November 1 onwards. The new monthly 'Hakkasan Night Brunch' will run from 8pm until 11pm, priced at Dhs348 per person.

The restaurant, located at Emirates Palace, welcomes residents and visitors to experience a new twist on contemporary Cantonese cuisine alongside decadent beverages, live music and performances with dynamic table service. The stylish terrace features low and high table seating in the bar area and luxury cabanas for guests to enjoy while overlooking the city skyline. Call +971 2 690 7739 or e-mail hakkasan@emiratespalace.ae.

THE TERRACE ON THE CORNICHE, THE ST. REGIS ABU DHABI



Every Friday at The St. Regis Abu Dhabi indulge in a hearty brunch at The Terrace on the Corniche. Upon arrival at The Library of the St. Regis Bar you will be welcomed with

beverages and a selection of 26 delectable cheeses. At your leisure the hostess will escort you to The Terrace on the Corniche, where you'll find a premium selection of international cuisine, from fresh seafood and sushi, to prime grilled cuts prepared at live stations, handcrafted Tuscan pastas and more. Conclude your brunch back at the St. Regis Bar with an imaginative display of desserts crafted by pastry chefs and a tasting of refined chocolates from around the world. Brunch packages start from Dhs345 with soft beverages. E-mail restaurants.abudhabi@stregis.com or call 02-6944553.



Roots & Shoots night launches

CAFÉ 302, AL MAHAARJAAN BY ROTANA

Discover a healthy and wholesome all you can eat buffet night at Cafe 302. The restaurant-café in the capital has just launched a weekly "Roots & Shoots Night", a vegan dinner buffet every Thursday from 6pm to 10pm for Dhs89 with soft beverages. Featuring a wide variety of 100% meat- and dairy-free dishes, from the healthy salad bar, appetisers, mains and tempting desserts. In addition, every other week there will be a holistic approach added, where you can enjoy a package inclusive of a pre-dinner 60-minute yoga and meditation session for additional Dhs60 (Dhs149 total for yoga and meditation session, plus dinner buffet). Call +971 (0)2 610 6666, or e-mail cafe302.almaha@rotana.com.

Love steak?



THE GRILL, MARRIOTT HOTEL AL FORSAN

Signature steakhouse, The Grill, has launched a new set menu package that combines your favourite meat cuts, from Argentinian chateaubriand to a 650g serving of tender Australian lamb, accompanied by two generous sides and a bottle of red or white for Dhs505 per couple. Available daily from 6.30pm to 11.30pm until November 30. Call +971 2 201 4000.



ONLY 4 IN 100
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DELICIOUS STARTS WITH YOU

New Zealand's leading procurer, processor, marketer and exporter of premium quality lamb, beef and venison, Silver Fern Farms shares why its products deserve to be on your family's dinner table.

Here at Silver Fern Farms, we're real food people. As your red meat partner, we believe that delicious starts with you.

Delicious starts with taking the very best raw ingredients and using them as a source of inspiration. That's why we bring you more than a selection of the very best grass-fed red meat, from the very best source, New Zealand. We connect you to where it came from: the places, the people, and the passion.

Who are we?

Founded in 1948, Silver Fern Farms is New Zealand's leading procurer, processor, marketer and exporter of premium quality lamb, beef and venison. We care deeply about doing the right thing and doing it well, striving every day to be the world's most successful and sustainable grass-fed red meat company. Our 'plate-to-pasture' strategy is how we make it happen – focusing first on identifying consumer needs, and then working with our farmers to grow animals and apply our expertise to meet those needs.

We are a company of proud, passionate farmers and food people, dedicated to doing



the right thing, collaborating and innovating, and always creating inspirational food for our customers. We are 100% made of New Zealand.

In New Zealand, the climate, clean air and plentiful pure water fuels year-round growth of lush, green pastures. The animals can eat and live as they would naturally – reducing stress and promoting better animal welfare. With a diet of rich grass animals grow strong, healthy and lean. The meat that is produced has a consistently delicious, distinctive flavour – the mark of red meat as it naturally should be. It's leaner, more finely textured and nutritionally better for you.

Silver Fern Farms grass-fed in New Zealand means better flavour, tenderness and quality – that's better for the environment, and better for you. Our products are available in the UAE.

Commitment to sustainability

We believe Silver Fern Farms can create positive change for our environment, our people, our communities and the economic success of New Zealand. We call this Our Sustainable Chain of Care.

As part of our operational efficiency goals we are working with our product packaging suppliers so that, in time, we can transition to alternative sustainable packaging materials that can deliver the shelf-life requirements our partners need.

We now track the downward trend of our plastic use and in 2017 we removed 23.8 tonnes of plastic without sacrificing food safety, shelf-life or creating additional food waste.

Traceability is an important part of sustainable food production. As part of our food safety and quality goals, we have partnered with Oritain, an independent company that scientifically proves the New Zealand origin of our products. By measuring naturally occurring elements inside the food, this protects customers, protects our brand and verifies that every product is true to its New Zealand origin claim.

SILVER FERN FARMS PRODUCTS

RESERVE BEEF - OUR PREMIUM SELECTION

Extraordinary eating quality, guaranteed. Not all beef is created equal. Silver Fern Farms Reserve is an elite standard of grass-fed beef. Our promise of consistent tenderness, juiciness and flavour is backed by our Eating Quality System. Our Master Graders hand-select the best beef based on proven scientific criteria. A truly exclusive range, this is the top 4% of New Zealand grass-fed beef.

- ✓ Elite standard in beef
- ✓ Guaranteed tender
- ✓ Hand-selected for consistent Eating Quality
- ✓ Only the top 4% of New Zealand beef makes Reserve grade

New Zealand Lamb

SUBTLY SWEET AND TENDER

Silver Fern Farms grass-fed lamb is raised by passionate and skilled farmers in a free-range environment on lush green pastures in New Zealand. This creates the subtle sweet flavour and tenderness it is renowned for. Our range of high-quality cuts delivers the taste so highly sought after by chefs and consumers around the world.

- ✓ Grass-fed, pasture-raised
- ✓ Sweet, subtle flavour
- ✓ Succulently tender
- ✓ Halal certified



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Learn more

silverfernfarms.com

Tried & tasted

Each month, we review three of the city's top tables.



Reviewed by **Sophie Voelzing**

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where?

NINIVE, JUMEIRAH EMIRATES TOWERS, DUBAI

Dining experience: Dinner

What's it like? Nestled between the two striking Jumeirah Emirates Towers, Ninive is a picturesque urban, open-ai red majlis – it's a relaxed, low-lit venue that creates an intimate setting amidst the hustle and bustle of Dubai. Offering skyline views of Burj Khalifa, Ninive reminds me of being in a traditional Bedouin tent – only it's luxurious and lush with hanging gardens of greenery. The venue is abundant with character and heritage that honours the Middle Eastern region. Seating here is low and cosy, with communal areas set out for sharing plates of Arabic-inspired eats with friends over shisha and refreshing beverages. The atmosphere is relaxing yet upbeat on a Friday evening as a live DJ plays trendy house-style music with an Arabic twist.

What are the food highlights?

Take a journey to the orient at Ninive, with a menu that pays homage to the Arab kitchen. Serving up Middle Eastern specialities from all over the region, plus Northern African countries like Turkey and Morocco, Ninive's offering is very sharing-style friendly with a range of hot and cold starters, dips, soups and salads, grills, mains, skewers, couscous, sides and desserts to choose from.

Everything we tried, we enjoyed, but there were of course highlights. To start, the tamarind chicken is a must-



try. Served with yogurt dipping sauce and a sprinkling of pomegranate and parsley, the chicken is tender, moist and bursting with vibrant flavours. It makes for a great start to the meal paired with Ninive's fresh fattoush salad with cucumber, tomatoes, lettuce, pomegranate, apples and radishes. Considering the simplicity of the dish, a dressing can really make or break a fattoush salad, but the chefs at Ninive have the acidity balanced out perfectly here.

For mains, we opted to share a portion of lamb chops from the grill, which were cooked wonderfully and marinated in oregano and cumin, with a pot of zaatar pesto dipping sauce on the side. Next came the wagyu grade 9 tenderloin skewers, which were one of my favourite dishes of the evening – the beef was of high quality and cooked tenderly, while the marinade of honey, chili and lemon was superb, packing a lot of flavour without becoming over-powering. If meat isn't your thing, there are plenty of fish and seafood options on the menu, as well as vegetarian.

I have to be honest in saying that Arabic desserts don't always do it for me, but Ninive's pastry team excels. We shared an incredibly moreish serving of warm umm Ali with cooling vanilla ice cream in the



middle, plus heated almond kunafeh, which came with orange and almond sorbet on the side, making for a refreshing palate cleanser among the creamy, rich flavours.

How was the service? The team at Ninive is hospitable and welcoming. We were unsure with what to order and our server took the lead and recommended a selection of fantastic dishes from the menu based on our likes and dislikes, which made the experience so much more relaxing.

The bottom line: Ninive is an al fresco oasis in an urban jungle. With its charming Arabesque décor, warm and inviting atmosphere, and high-quality food and beverage offering, it makes for a great spot to take visiting family to experience locally-inspired flavours, or for a romantic date night with your other half. Ninive has live music every Tuesday from 9pm onwards, plus live entertainment on Thursdays and Fridays from 9pm onwards.

Want to go? For reservations, call +971 43 266 105, e-mail book@ninive.ae or visit ninive.ae.



Reviewed by Glesni Holland
Online Editor of BBC Good
Food Middle East

Where?

BISTROT BAGATELLE, FAIRMONT DUBAI

Dining experience: Dinner

What's it like? There's a certain air of mystery upon entering Bistrot Bagatelle. Located at the Fairmont Dubai on Sheikh Zayed Road, diners enter the French eatery via a private lift to the first floor, before being faced with a plain white door. "Are we in the right place?" we wonder. But following a nod of approval from the staff member manning said door, we're welcomed behind the intriguing white fixture and led down the red carpet to the restaurant's main entrance.

Inside, Bagatelle's striking French-inspired décor is a mix of modern and traditional, with an added splash of Dubai flair; think plush blue velvet upholstery, vibrant pop-art creations plastered across the walls and white clothed tables, which range from large booths for the party-goers, to smaller, more intimate settings for those after a more reserved evening. The venue opens at 8pm, and we're booked in for the first seating at 8:30pm on a Friday evening (the second is 10:30pm.) While it's still early (by Bagatelle's standards), there's a growing buzz throughout the restaurant as we take our seats with a full-view of the open kitchen and DJ booth.

What are the food highlights?

Luckily for the non-French speakers out there (guilty as charged), Bagatelle has done us the courtesy of including both the French and English translations for each dish on the menu. Many dishes take their inspiration from traditional European dishes, which chef Timothy Newton has interpreted with a French twist – a bold move, we think, but one we soon learn has paid off.

To start, we enjoy a generous portion of burrata served on a bed of sweet Datterini tomatoes, asparagus and a flavour-packed salsa verde, but we're particularly impressed with the "tartare de boeuf." While the beef is deliciously moreish and smothered in Bagatelle's "secret sauce," it's the crispy potato base that catches our attention. They're essentially bitesize hash browns - lightly fried and piping hot, and the perfect contrast to the chilled beef topping.



On the topic of beef, we try the "faux filet du Wagyu" for our main course, which doesn't disappoint. Tender cuts of wagyu striploin are served medium-rare to the table, alongside skinny fries and a green peppercorn sauce that we gladly mop up with the leftover fries. We also try the "filet de Loup de Mer au caviar," which is salt-baked seabass drenched in a champagne caviar sauce with cauliflower puree. When it arrives, I'm slightly perturbed by the seemingly small size of the fish (in comparison to the beef). However, I'm soon eating my words as it's a surprisingly rich and filling dish, but we'd recommend ordering a side of fries or veg to cut through the creamy sauce.

By the time we finish our mains, the atmosphere is really starting to pick-up in the restaurant as those booked in for the later seating begin to arrive. We grab a quick bite of dessert (the "cheesecake au chocolat blanc" being our favourite), before the lights go down and the volume is ramped up. It's not

long before the waiters and diners are dancing on table-tops with sparklers, and we reluctantly tear ourselves away, conscious of our early morning alarm and full tummies.

How was the service? The staff at Bagatelle are upbeat, enthusiastic and on-hand to help us with any requests we may have throughout the evening. Our waiter is extremely personable and attentive without being overbearing and is more than happy to offer his personal recommendations and pairings from the menu.

The bottom line: A great weekend spot for lovers of top-quality food and a good time. If you're planning to visit mid-week, Bistrot Bagatelle recently launched its "Studio Bagatelle" evenings, taking place every Wednesday. Termed as a "glorious throwback to the disco era," expect a night of dancing paired with a delicious menu of Bagatelle's signature dishes, from 8pm till late.

Want to go? For reservations, call +971 4 354 5035.



Reviewed by Mark Forker
Editor, CPI Media Group

Where?

BQ – FRENCH KITCHEN & BAR, HABTOOR PALACE

Dining experience: Thursday brunch
What's it like? BQ - French Kitchen & Bar is situated in the stunning marble-drenched Habtoor Palace, in Al Habtoor City. From the moment we walk in, it's impossible to ignore the distinct European ambience of the restaurant, and you'd be forgiven for thinking that you had been transported from Dubai right into the heart of a Parisian eatery. Traditional French rhythm and blues serenade us as we make our way through the restaurant, which resembles a continental-boutique perfectly fused with a splash of Dubai luxury.

Upon arrival to our table, we're served with a deliciously refreshing welcome drink to quench our thirst - and a

selection of homemade breads to whet our appetite before we embark upon our five-course French culinary experience.

What are the food highlights?

The Paris, Paris brunch varies slightly from Dubai's more typical brunches as it is centered around a set menu, which is all served to the table. Our first dish of the day is an entre of starters, ranging from smoked salmon, escargot vol-au-vents and foie gras. The bitesize starters are delightfully light, and though small, are just the perfect size to prepare us for our five-course meal ahead.

The next course is a seafood lover's dream, and it doesn't disappoint. Prawns, oysters and crab legs are served on a bed of ice and accompanied by a fiery tabasco sauce. The prawns and crab legs are both exquisitely juicy, while the oysters are a little salty for our liking.

Two courses in, and it's time for a short break to recharge the batteries (trust us, you'll need it!) and we enjoy a gorgeous lemon sorbet to cleanse our pallet ahead of our remaining dishes.

For the main course, we opt for the Fricasse de Poulet, which is a chicken dish for those of you who are not well-versed in French linguistics. To my initial disappointment, the chicken is served on the bone, but thankfully my dismay is short-lived as the chicken is succulent and deliciously marinated in a flavoursome asparagus sauce.

The penultimate course, and one of our favourites of the evening, is BQ's cheeseboard. In true pick-n-mix fashion, we pile our crackers high with various cheese and chutneys and enjoy

a diversification of tastes across the board's fantastic selection of fine cheeses.

Last, but by no means least, is the dessert course. Chocolate profiteroles and a melt-in-the-mouth pain perdu caramel brioche are served to the table - and it's safe to say that the only criticism I could aim at both dishes is that neither portions are big enough to satisfy my insatiable desire for all things sweet. Nevertheless, both dishes are delicious, but the pain perdu comes out on top for me.

How was the service? Fantastic - we truly cannot fault the service we receive during our experience. Staff are extremely courteous, professional and attentive from the moment we set foot inside BQ, and are well-versed on the chef's menu, offering advice and recommendations throughout the evening.

The bottom line: The Dubai brunch scene is famous, but Friday's typically rule the roost when it comes to brunch experiences. However, the aim of BQ - French Kitchen & Bar is to replicate the experience of a Parisian restaurant on a Thursday night in Dubai - which we can confirm they excel in achieving. We can see the appeal and the charm of this type of approach, where diners can unwind after a tough week at work in a vibrant, cool and classy environment whilst enjoying all the incredible tastes and flair that French cuisine has to offer.
Want to go? Packages start at Dhs225 per person inclusive of soft beverages. For reservations, call +971 4 435 5555.



WHERE TO BRUNCH AT CAESARS BLUEWATERS DUBAI

Looking for somewhere new to brunch? Caesars Bluewaters Dubai has you covered.



GORDON RAMSAY HELL'S KITCHEN

HELLICIOUS BRUNCH

Fridays just got a lot steamier at Gordon Ramsay Hell's Kitchen. Expect world-class cuisine and live entertainment while dining on unlimited starters and desserts alongside à la carte mains and free-flowing beverages. Don't forget to join the fun competition and put your culinary skills to the test with the notorious Eton Mess Challenge.

When? Every Friday, 12:30pm to 4pm

Price: Packages start from Dhs350 per person including soft beverages. Premium packages also available.

ONE HELL OF A ROAST

Every Saturday, world-class chefs ignite your appetite with One Hell of a Roast. Expect a devilish Bloody Mary, the finest of prawn cocktails, tender aged beef that is roasted to perfection, Yorkshire pudding with all your favorite trimmings and a classic sticky toffee pudding, all to the backdrop of live acoustic classics. You can also choose to replace beef with lamb, chicken or a vegetarian twist on a classic with a delicate beetroot wellington.

When? Every Saturday, 12pm to 4pm

Price: Dhs145 per person

ZHEN WEI

DIM SUM BRUNCH

Every Saturday, immerse yourself in the sights, sounds and flavours of Hong Kong at authentic Pan-Asian restaurant Zhen Wei. Explore the invigorating flavours of the Far East with the newly launched Dim Sum Brunch, from 9th November onwards. Indulge in unlimited Dim Sum including beef spice dumplings, deep

fried shrimp wantons, crystal vegetable balls and Cantonese shrimp fun guo as well as a la carte mains, with your choice of free-flowing beverages.

When? Every Saturday, 12pm to 3.30pm

Price: Packages start from Dhs228 per person including soft beverages. Premium package also available.

BACCHANAL

FAMILYFEST BRUNCH

Promising the best family day out in Dubai, Bacchanal's new FamilyFest Brunch offers a fully-interactive festival where adults can sit back while the kids let loose, join in on superhero meet-and-greets and make friends at a variety of gaming stations. With magic tricks, cooking classes and more, this is a day out your family won't forget.

When? Every Friday, 1pm to 5pm

Price: Packages start from Dhs300 per person with soft beverages, while children under the age of 12 can enjoy brunch at Dhs150 and children below 4 years old dine with compliments. Premium packages are also available, as well as babysitting and safe driver services.



CLEO'S TABLE

CLEO'S FEAST

Embrace true Mediterranean living every Saturday with an exquisite feast followed by access to the stunning Venus Pool. Start the day off by satisfying all your cravings with hand-made artisan pizzas, fresh salads and mouth-watering flatbreads before you enjoy a refreshing dip in the adult pool.

When? Every Saturday, 12pm to 3pm

Price: Packages start from Dhs300 per person including soft beverages. Premium package also available.

FOR A LIMITED TIME: Cleo's Table is extending an exclusive 2-for-1 offer to celebrate the launch of the new brunch experience.



PARU

SECRET CIRCUS BRUNCH

Promising a circus themed brunch with a Japanese flair, modern Japanese restaurant Paru has launched a new Secret Circus Brunch. Indulge in a modern Japanese menu created by Michelin-starred chef Akira Back with a choice of free-flowing beverages.

When? Every Friday, 1pm to 5pm

Price: Packages starting from Dhs299 per person including soft beverages. Premium packages are also available.

THE SANDBAR & GRILL

Le BBQ

If you're looking for an evening affair, The Sandbar & Grill hosts its very own BBQ night every Friday. Head down to Caesars Resort Bluewaters Dubai to enjoy a selection of salads and starters on the buffet along with fresh seafood and cuts of meat from a live grill station, including local-sourced seabream, red snapper and tiger prawns. Free-flowing house beverages are also on offer throughout the evening.

When? Every Friday, 6pm to 9pm

Price: Packages starting from Dhs250 per person including soft beverages. Premium package also available.

REIF JAPANESE KUSHIYAKI

NOW
OPEN

Serving up street food style Japanese eats, Reif Japanese Kushiyaiki at Dar Wasl Mall in Jumeirah, Dubai is now open. Led by chef-owner Reif Othman, the homegrown concept is all about flavour, simplicity and minimal food wastage – with quality and affordability at the forefront. Here, chef Reif shares more about his new restaurant.

Interview: **Sophie Voelzing**

Dubai-based chef Reif Othman needs no introduction. Locally famed for his tenures at Zuma Middle East, Play Restaurant & Lounge, The Experience by Reif Othman, and Sumosan Twiga, Reif has garnered respect and admiration for his culinary capabilities and playful twists on Far-Eastern cuisine – not forgetting his quirky sense of style and love for colourful socks.

In September 2019, the Singapore native opened doors to Reif Japanese Kushiyaiki in Jumeirah's Dar Al Wasl Mall – his very homegrown, casual outlet serving affordable, street food style Japanese food.

Here, Reif shares more...

Tell us about your exciting new restaurant, Reif Japanese Kushiyaiki and the dining experience visitors can expect to have...

Reif Japanese Kushiyaiki is my first proper restaurant baby, which I own and operate. It's located at Dar Wasl Mall in Jumeirah. I am not only a chef, but I also look after the commercial operations and front-of-house. The food at Reif Japanese Kushiyaiki is best described as 'unconventional affordable Japanese street food'.

What made you take the Japanese street food route with this concept?

My cooking style has always been inspired by Japan, and the street food element has not been done here before, so I knew there was a gap in the market. A large part of the menu focuses on 'kushiyaiki', which are the bamboo skewers common in Japan and Singapore's street food scene that encompasses all grilled meats and vegetables. It's worth noting that the more common term 'yakitori' refers solely to skewers with chicken in a teriyaki sauce. We have 13 types of kushiyaiki on offer, including Angus beef with a choice of sauces, all parts of the chicken from the skin to the heart, and katsu seafood.

Tell us about some of the standout dishes on the menu...

I don't like to highlight signature or standout dishes as I feel it's up to the customer to select their favourites. Food is so subjective after all. However, in our first month of operation, aside from the kushiyaiki skewers, some of our most popular dishes include our kimchi melon pickle, beef gyoza two ways, wagyu 'sando' sandwich with charcoal panko and tonkatsu sauce, my twist on



**“
Food at Reif
Japanese
Kushiyaiki
is best
described as
unconventional,
affordable
Japanese street
food
”**

Singaporean chicken rice, and the molten cake with peanut butter praline and salted cashews (imagine a warm oozing Snickers!).

Where do the ingredients for the restaurant come from?

All parts of the animal and vegetables are used such as chicken from local hormone-free Family Meat Farm, with the neck to the liver and bone all utilised. Vegetables are sourced from across the Gulf region and Japan, with seasonal seafood from France, Italy and Australia where the cooler waters make

for higher quality fish. Our wagyu beef is from Kagoshima in Japan. In line with my sustainable ethos, the first bottle of tap-filtered still and sparkling water is complimentary.

Are you importing any special ingredients from Japan?

Yes – about 75 per cent of our produce is sourced from Japan. Tuna and uni on the weekends for specials. Vegetables, wagyu beef from Kagoshima, soy sauce and all our dry condiments.

What's the most unusual ingredient on the menu at Reif Japanese Kushiyaiki?

The kushiyaiki skewers made from chicken heart, crispy chicken skin and chicken neck.

Are there any ingredients that you're particularly enjoying working with at the moment?

The meatball and onsen egg kushiyaiki. As the meatball mince is made from all parts of the chicken, getting the texture right is not easy. I pair it with my twist on a slow-cooked onsen egg, which is usually served raw in Japan.

Are there any ingredients you'd love to offer on your menu, but struggle to source here?

Not really. We can pretty much



get anything we want here, but I am conscious of maintaining an affordable price point so there are certain ingredients like otoro sashimi that I will not put on the a la carte menu because of its prohibitively high price point, but would use on a weekend special.

Tell us about the chef's table experience that you offer...

I am planning to launch my 'Experience' later this year – a counter bar with four seats, aka a chef's table that sits along the front of the kitchen for a more immersive dining experience. This is where I will personally cook a tasting menu experience for four guests at a time.

To minimise food wastage, how do you ensure nose to tail cooking in the restaurant?



“ Popular dishes include our kimchi melon pickle, beef gyoza two ways, wagyu 'sando' sandwich with charcoal panko and tonkatsu sauce ”

To minimise food wastage, I believe in knowing your product and using it wisely. For instance, all parts of the animal and vegetables are used, such as the chicken from local hormone-free Family Meat Farm, with the neck to the liver and bone all utilised.

What do you believe the diner of today wants from a Japanese culinary experience?

Affordability is key now more than ever. My goal is to deliver a twist on authentic Japanese comfort dishes at a price point that allows people to visit my restaurant at least once a week, should they want to.

Where's your 'go-to' spot for a Japanese meal in Dubai?

Wokyo in JLT for ramen, plus any form of sushi or maki at REIF.

Can we expect to see any further expansion from the brand in the future?

Most definitely yes. The



restaurant has been rammed since pre-opening with daily queues. As a result, we've had investors and landlords knocking on the door, so we're going to assess every enquiry carefully over the next few months before making any decisions. We might look at franchise options outside the UAE, as well as a licensed establishment.

Want to go?

Reif Japanese Kushiyaki – Dar Wasl Mall, Al Wasl Road

Call: +971 4 3450761

E-mail: info@reifkushiyaki.com

Visit: reifkushiyaki.com

KICK-START YOUR HOSPITALITY CAREER

Fancy yourself a career in culinary? Look no further than The Emirates Academy of Hospitality Management, where your undergraduate or postgraduate programme awaits. Here, we speak to Michael Kitts, Director of Culinary at the Dubai-based Academy to learn of exciting options available

What age group are the degree programmes open to at Emirates Academy?

The undergraduate (BBA) programme is open to candidates between the ages of 18 and 22 – we do have students who are older doing their bachelors but that is the normal age range. For MBA it would be 22 years and up, and having two years' experience in the hospitality industry would be an advantage.

For interested students, what type of courses are available at The Academy?

There are two degree programmes offered at EAHM – one is a Bachelor of Business Administration (BBA) and the other a Master of Business Administration (MBA). The BBA is 3 years in duration and the MBA 1 year of course work + additional time for completing the thesis.

Does the academy offer any short courses for home cooks simply looking to brush up on their skills, or is it strictly professional?

We would like to launch these programmes and actually we are testing this with an EAHM Apprentices programme. This is where high school students come to The Academy for a morning or afternoon and get into the kitchen to prepare pizza or pasta and make mocktails. This is a fun intro into F&B and the students really enjoy being in a restaurant grade kitchen and full restaurant. It's been really popular.

How do students of The Academy gain exposure in the industry?

On one of our courses, students get to come up with a concept for a restaurant. This is a really great opportunity for someone who aspires to open a restaurant later in life, as they get to give the restaurant a go and see if it's something that would work. The students come up with their own concept, marketing plan, costings, recipes, and menus – the whole thing from start to finish, and it's all really down to them. Each of the students is then given a week to run their restaurant from start to finish each night over the course of a week.

In addition to this, we also host chef dinners where members of the industry and public are invited to the academy to dine. We also have our Food Festival, which is getting bigger every year. It's a great family event that we host annually at the academy for the public. There's plenty for



visitors to do, see and eat, and the students host their own stands and cooking demos, so it's interactive too.

What are restaurant concepts have students in the past come up with?

The students have come up with some fantastic ideas. In the last year, we had a Latin American concept called Yuka, then Timber Smokehouse, which was an American BBQ, and lastly Ruma, which was Asian fusion.

Do you find a lot of students elect to do this?

Yes, because in addition to the restaurant concept creation, we do food media which covers everything from food photography and food styling, which is such a big part of the F&B industry nowadays with social media.

When does the school year run to and from at Emirates Academy, and when can students enroll?

For the Bachelors, it's a three-year honours programme and The Academy has three intakes a year in January, April and September. There is rolling admissions into each programme, so students can enroll at any time throughout the year.

THE EMIRATES ACADEMY OF HOSPITALITY MANAGEMENT, DUBAI

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CREAM



Exceptional ingredients

A cocoa bean from Ecuador or Dominican Republic will not offer the same aroma as one originating from Peru or Madagascar. The same applies to cream. In Europe, France has the largest number of PDO creams (Protected Designation of Origin label) recognizing the special characteristics of these dairy creams originating from Isigny and Bresse regions.

On one hand, the rich pastures of Cotentin and Calvados produce a cream with a unique taste and an incomparable smoothness. On the other hand, the wooded plains and diversity of flora in the Bresse region add notes of biscuit, vanilla and fruit to the cream. After straining, the mixture is kept cold overnight before being used the next day.

All that remains is to choose the cream which will be best paired with the chocolate, and this is the art of the pastry chef. The pastry chef must perfectly master his or her ingredients to ensure that no single ingredient clashes with another, allowing harmony to prevail.

For example, some creams would, by nature, clash with a fruity chocolate, you should then go for a natural, more neutral-tasting cream to bring out the delicate chocolate fragrance.

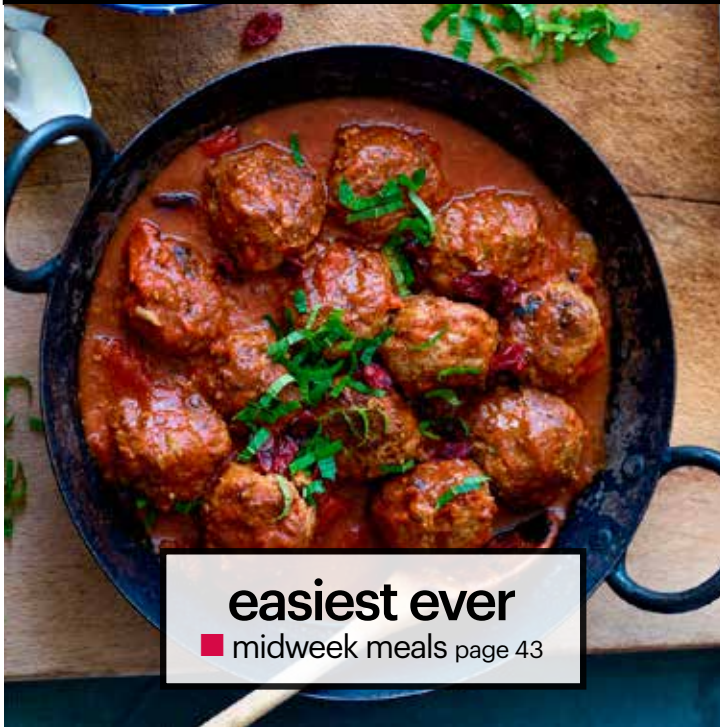
Once the products have been chosen, it is up to the pastry chef to express his or her creative genius with a pastry which skillfully marries the fragrances and textures.

Vincent Cockenpot, pastry chef in Dubai, considers this marriage of European cream and chocolate as one of the best due to the way the two ingredients complement each other. The combination works wonders, because they blend, intertwine and play with each other so well... So that in the end, the chocolate reveals its character, its power, its bitter taste and the complexity of its fragrance. The dairy cream brings its smoothness, fullness, softness and lightness of texture to the cake, it adds another layer of pleasure to the eating experience, making the flavours soar to new heights.

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easy

Delicious, simple,
and easy-to-
make recipes



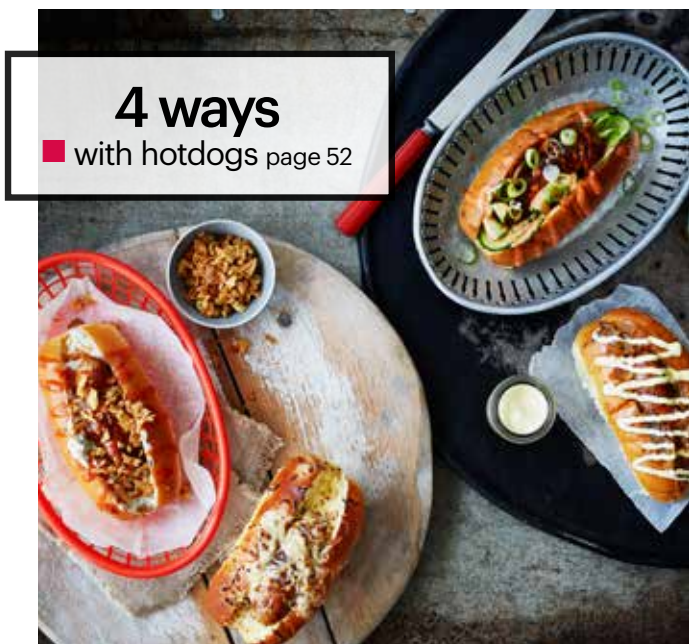
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4 ways
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3 RECIPES OF FLAVORED BUTTER

CREATED BY

CHEF AHMAD FRAIJEH

In Europe, and particularly in France, butter is inseparable from gastronomy. It clearly represents a certain way of life, and despite the evolution of eating habits, it remains essential for cooks and chefs. Enter a kitchen, and look for butter... it is never far away. Trends change, culinary techniques evolve, but it remains the favorite ingredient of chefs. Ingredient they like to transform in their own way...

AVOCADO BUTTER

100 g softened butter - 75 g ripe avocado flesh
10 g lemon juice, squeezed - 2 g salt - A pinch of pepper
2 g of mastic gum - 2 g truffle oil - 2 g spring onions

Using a hand blender, blend the butter until it is white and slightly frothy. Add the avocado meat and lemon juice, mix again and then add salt, pepper, putty and truffle oil. Mix one last time to bring everything together and finish by adding the finely chopped spring onions and incorporating them with a whisk.



HONEY AND JALAPENO PEPPER BUTTER

200 g softened butter - 2 tablespoons milk - 25 g honey
5 g dried Jalapeno pepper, reduced to powder (chipotle)

In the bowl of a kitchen machine equipped with a whisk, emulsify the softened butter and milk until a light and creamy consistency is obtained.

Add the honey and whisk for one minute to mix it in perfectly.

Finish by incorporating the chilli pepper

Pour into a small jar, use immediately, or store in the refrigerator until ready to use.

HAZELNUT AND CINNAMON BUTTER

100 g sweet butter - 50 g raw hazelnuts - 15 g cinnamon powder
5 g sea salt - 7 g sugar (optional) - 5 g rose water - 1 g guar gum

Roast the hazelnuts for 12 to 15 minutes in a preheated oven at 170°C – they should turn light brown in colour.

Allow them to cool, then place the hazelnuts in a cloth and rub them to remove the skin.

Place the hazelnuts into the bowl of a kitchen aid machine equipped with a blade and reduce to a thin paste.

Add the softened butter, cinnamon powder and salt and then turn the kitchen machine on again to blend everything together

Taste and adjust the seasoning if necessary.

Place the butter in a jar and store it at room temperature or in the refrigerator.

You can use it on pancakes, toasts, bread and any other support that goes with honey.



Smoky grills to share

The sun's out, the drinks are chilled and friends are on the way – it's time to barbecue with our pick & mix menu of three sharing skewers plus sides

recipes ANNA GLOVER photographs MAJA SMEND


pick
&
mix
MENU



choose your kebabs

1 Sticky chicken & chorizo skewers

The winning combo of chicken and chorizo gets even better with a sticky garlic, honey and thyme glaze, while padron peppers cut through the richness of it all. Thread the skewers and make the flatbreads ahead of time, then simply add to the barbecue as people arrive.

SERVES 8 (with 16 flatbreads) **PREP** 40 mins plus 2 hrs marinating and 1 hr proving **COOK** 40 mins **EASY** 

For the skewers

100ml olive oil
75ml sherry vinegar
½ small bunch thyme, leaves picked
1½ tbsp smoked paprika
4 garlic cloves, crushed
3 tbsp honey
4-5 chicken breasts (about 650g), cut into bite-sized chunks
200g chorizo ring, sliced into thick coins
250g padron peppers, or 3 green peppers cut into pieces
charred lemon halves or wedges, to serve

For the olive oil flatbreads

1.2kg strong white bread flour, plus extra for dusting
200ml olive oil, plus extra for proving
1 tbsp fine salt
2 x 7g sachets fast-action dried yeast

1 Whisk the olive oil, vinegar, thyme, paprika, garlic and 2 tbsp honey with plenty of black pepper. Pour $\frac{3}{4}$ of the marinade over the chicken and chorizo, reserving the rest to glaze the skewers later. Marinate for at least 2 hrs or overnight. Whisk the leftover 1 tbsp honey into the reserved marinade.

2 To make the flatbreads, mix the flour, olive oil, salt and yeast in a large bowl. Add 700ml water and knead to a rough dough. Tip onto a floured work surface and knead for 10 mins until smooth and elastic. Transfer to an oiled bowl and cover. Leave to double in size, about 1 hr.

3 Knock the dough back and divide into 16 small balls about 140g each. Roll each out on a floured work surface until a few millimetres thick and about 20cm wide. Heat a dry frying pan on a medium high heat and cook the dough for 3-4 mins until golden underneath and large bubbles start forming. Flip and cook for 1-2 mins more until lightly golden. You can keep the flatbreads warm in a low oven or on the barbecue, wrapped in foil.

4 Thread the chicken, chorizo and peppers onto eight large or 16 small metal skewers. Season with salt. Light a barbecue, let the flames die down and the coals turn ashy white (see p32), or heat the grill to medium high. Grill the skewers for 8-10 mins, turning every few mins until the chicken is cooked through. Use the remaining marinade to glaze the meat when turning.

5 With a fork, slide the meat and peppers off the skewers on to the flatbreads. Serve sides separately (see p28) for guests to assemble their own kebabs.

GOOD TO KNOW (BREAD ONLY) vegetarian • vegan

PER SERVING (2) 390 kcals • fat 13g • saturates 2g • carbs 57g • sugars none • fibre 2g • protein 10g • salt 1g

GOOD TO KNOW (SKEWERS ONLY) vit c • gluten free

PER SERVING 344 kcals • fat 22g • saturates 5g • carbs 8g • sugars 7g • fibre 3g • protein 26g • salt 1g

gf tips

PREP AHEAD AND TOOL UP

● Prove the bread overnight in the fridge to get ahead. This will slow down the first proving stage and will mean the bread will be ready for knocking back the next morning.

● Metal skewers are better for barbecuing meat than wooden as they don't burn, and they conduct heat, so that the meat cooks from the inside as well as outside.



SPOTLIGHT ON PADRON PEPPERS

● Originally from north-western Spain, these tend to be served simply fried in olive oil and sprinkled with sea salt for tapas. This little capsicum is also known as the 'roulette pepper' because around one in 10 are known to be spicier than expected. They have both sweet and bitter notes that work perfectly with rich, smoky chorizo and a sweet sticky marinade. You can buy them from most supermarkets, or online.



2 Fiery prawn & pepper skewers

MAKES 8-12 **PREP** 15 mins plus marinating
COOK 5 mins **EASY**

3 garlic cloves, crushed
1 red chilli, finely chopped
½ small bunch parsley, finely chopped
1 tsp sweet smoked paprika
½ tsp hot smoked paprika
4 tbsp olive oil
400g raw king prawns, in their shells if you like, or keep the tails on
1 jar Peppadew hot sweet piquanté peppers, drained
lemon wedges, to serve

1 Whisk the garlic, chilli, parsley, both types of paprika and olive oil together. Stir through the prawns and season well. Cover, put in the fridge and leave to marinate for at least 30 mins before threading on to skewers, interspersing them with a few of the peppers, so that each skewer has about 4-5 prawns.

2 Light a barbecue and leave until the flames die down and the coals turn white with glowing centres (see p32). Grill the skewers, or cook in a griddle pan over a high heat for 3-4 mins until pink and opaque. Serve immediately with a squeeze of lemon and plenty of saffron aioli (p28).

GOOD TO KNOW vit c • gluten free

PER SERVING (12) 75 kcal • fat 4g • saturates 1g • carbs 4g • sugars 4g • fibre 1g • protein 6g • salt 0.3g

gf tip

PERFECT PRAWNS

● *There's no acid in this marinade as it would cure the prawns and they would turn tough when cooked on the BBQ. Add a squeeze of lemon juice as soon as they come off the grill.*

SPOTLIGHT ON SWEET PIQUANTE PEPPERS

● *These unique sweet and fruity little peppers, also known as cherry peppers, are like a mix between a ripe cherry tomato, sweet red pepper and spicy chilli. You sometimes see them on deli counters stuffed with soft cheese and marinated in olive oil, but they work well on the barbecue, too. They're also a great addition simply sliced and scattered over pizzas or in salads. Find them in supermarkets, jarred in brine.*





3 Membrillo-glazed halloumi skewers

SERVES 8 PREP 10 mins COOK 15 mins EASY V

6 tbsp (100g) membrillo paste or quince jelly
3 tbsp honey
2 x 250g blocks halloumi
vegetable oil, for the grill
lemon wedges or a few dashes of sherry vinegar,
to serve

- 1 Melt the membrillo and honey together in a small pan until syrupy. Leave to cool slightly.
- 2 Cut the halloumi into long rectangular strips about 2cm wide, then in half again (where it naturally starts to separate) and thread onto thin skewers. Brush the halloumi generously with the glaze.
- 3 Oil the bars of a barbecue, then light it and wait until the flames have died down and the coals are ashy white (see p32), or use an oiled griddle pan to stop the halloumi from sticking, then grill or griddle for 1-2 mins on each side until golden and charred. Turn only after the pieces of halloumi release themselves from the grill and it's easier to use tongs to pick up the cheese, rather than handling the skewers. Squeeze over a little lemon, or drizzle with the sherry vinegar to serve.

GOOD TO KNOW calcium • gluten free

PER SERVING (8) 246 kcals • fat 16g • saturates 10g • carbs 9g • sugars 9g • fibre none • protein 15g • salt 1.9g

gf tip

WHAT IS MEMBRILLO?

● *Membrillo, or quince jelly, is usually served with cheese, (typically manchego cheese in Spain). It's made by simmering quince fruit with sugar, but it melts into a glaze that works really well for roasting meat and barbecuing cheese. See bbcgoodfood.com for more recipes using membrillo, including stuffed cheese toasties and paprika pork sliders with quince aioli.*





pick a side



1 Romesco sauce

SERVES 8 as a dip **PREP** 10 mins
COOK 4 mins **EASY** V

100g blanched almonds
200g roasted red peppers from a jar, drained
1 garlic clove
1 tbsp sherry vinegar, plus extra to season (optional)
1 tsp smoked paprika
50ml olive oil

1 Toast the almonds in a dry frying pan for 3-4 mins until starting to turn golden and smelling toasted. Shake the pan often to turn them. Tip out and leave to cool.

2 Drain the red peppers and tip into a food processor with the almonds, garlic, vinegar and smoked paprika, then blitz to a chunky paste.

3 With the motor still on, slowly drizzle in the olive oil to make a dip. A bit of texture works well for this rather than blending to a super smooth consistency. Season well, adding a little more vinegar, if you like.

GOOD TO KNOW vegan • gluten free

PER SERVING 143 kcals • fat 13g • saturates 2g • carbs 2g • sugars 1g • fibre none • protein 4g • salt 0.4g

2 Saffron aioli

SERVES 8 as a dip **PREP** 15 mins **NO COOK** **EASY** V

pinch saffron
2 egg yolks (keep the whites, see left)
1 small garlic clove
1 tbsp Dijon mustard
½ lemon, juiced
200ml olive oil

gf tip

USE UP THE EGG WHITES

● Freeze the egg whites for meringues, or for a speedy and easy aioli, simply stir a few saffron strands and a squeeze of lemon into shop-bought mayonnaise.

1 Put the saffron in a small bowl with 1 tbsp boiling water. Leave for 10 mins to cool and for the water to turn a golden colour.

2 Meanwhile, put the egg yolks, garlic, mustard and lemon juice in a jug or a tall container with a pinch of salt and blitz with a stick blender (or in a food processor) until smooth. Slowly add the olive oil, a small drizzle at a time, keeping the blender on, until you get a thick, glossy mayonnaise. Season with black pepper, then stir in the saffron water to loosen the aioli and turn it a golden hue. Cover the surface and chill until ready to serve. Add a splash of water or lemon juice, to serve, if your aioli thickens up too much in the fridge.

GOOD TO KNOW gluten free

PER SERVING 244 kcals • fat 27g • saturates 4g • carbs none • sugars none • fibre none • protein 2g • salt 0.2g



3 Parsley & caper salad

SERVES 8 as a side **PREP** 10 mins
NO COOK EASY V

small bunch flat-leaf parsley
1 lemon, juiced
3 tbsp capers, drained and finely chopped
½ shallot, finely chopped
6 tbsp olive oil
200g cherry tomatoes, halved
4 Little Gem lettuces, leaves separated

Finely chop the parsley stalks, and roughly chop the leaves. Put the stalks into a large bowl and stir in the lemon juice, chopped capers and shallot. Whisk in the olive oil, season, then toss through the tomatoes along with the chopped parsley leaves and lettuce. Serve immediately.

GOOD TO KNOW • vegan • healthy • low cal • folate •
1 of 5-a-day • gluten free

PER SERVING 99 kcals • fat 9g • saturates 1g •
carbs 3g • sugars 2g • fibre 2g • protein 2g • salt 0.3g



4

Charred spring onion & olive rice salad

SERVES 8 as a side **PREP**

15 mins

COOK 15 mins **EASY** **V**

100g pitted Spanish green olives, drained

bunch spring onions (150g)

1 tsp olive oil

750g cooked mixed grains and rice (or 3 x 250g pouches)

3 tbsp sherry or red wine vinegar

100g sundried tomatoes, sliced

50g flaked almonds, toasted

2 celery sticks, chopped

50g manchego shavings or vegetarian alternative (optional)

1 Thread the olives onto metal or bamboo skewers. Heat a griddle pan or light the barbecue, then when the flames have died down and the coals are white (see p32), toss the spring onions with the oil and grill for 8-10 mins to cook until tender. Grill the olives for a few mins, turning regularly, until they look a little charred. Remove the spring onions from the grill and cut into bite-sized pieces. Remove the olive skewers from the grill.

2 Heat the grains and rice pouches, if using, in the microwave for 2 mins until warm. Toss with the vinegar, some seasoning and the sundried tomatoes with a little drizzle of the oil from the jar. Leave for a few mins for the dressing to be absorbed.

3 Toss the olives, spring onions, toasted almonds and celery into the rice. To serve, stir through the manchego, if using, and season to taste.

GOOD TO KNOW vegan • fibre • 1 of 5-a-day

PER SERVING 292 kcal • fat 13g • saturates 2g • carbs 30g • sugars 7g • fibre 7g • protein 11g • salt 0.6g

gf tip

COOKING WITH OLIVES

● Charring olives makes them juicier as well as giving great texture and depth of flavour.

gf tip

KEEP IT VEGAN

● To ensure the salad is vegan, use cider vinegar (or check the label on the red wine or sherry vinegar), omit the manchego and top with extra flaked almonds or whole toasted almonds, roughly chopped. You can also add 4 tbsp raisins, for sweetness, if you like.





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Relax & enjoy Tips to get ahead

- Make the flatbreads (p22) the day before, wrap well in foil and warm them in a low oven, or set the parcel in a cooler area of the barbecue and turn regularly.
- Marinate the chicken and chorizo (p22) and the prawns (p24) the day before. Thread them on to skewers and leave in the fridge until half an hour before grilling.
- Make the membrillo glaze (p26), aioli and romesco (p28) a day in advance, then cover and chill in the fridge.
- Make the caper dressing (p29) for the parsley salad and the rice salad (p30) on the day you want to serve, then chill. Bring to room temperature before serving.

Follow our advice for barbecuing safely

- 1** Keep all your perishable ingredients in the fridge until you're ready to serve. Often with a barbecue, people are grazing over a long period of time so avoid taking food out too early that might spoil. See number 5 (below).
- 2** If you touch raw meat or fish, wash your hands before touching ready-to-eat foods to avoid cross-contamination. Don't use the same plates or utensils for raw fish or meat and ready-to-eat foods.
- 3** Make sure your barbecue is hot enough before you start cooking and turn your meat so that it cooks evenly throughout.
- 4** Watch out for dripping meat and fish juices. Don't trail raw meat or fish over cooked and do not use leftover marinade as a sauce.
- 5** If you are planning to serve food over the course of an afternoon, put salads, meats and other perishable foods out in fresh bowls in batches. Keep desserts in the fridge until the main course is over, so that again, the food isn't standing around too long.

Your guide to cooking with coal

Learn how to arrange coal to give you different heat zones and more control over your barbecue

QUICK COOKING

Lighting an even layer of coal is equivalent to cooking on the highest heat in the hottest pan. Although this direct method might be needed for thin cuts of meat that cook quickly (such as burgers and thin-cut steaks), it will cremate anything that needs more time to cook through.

LOW & SLOW

Push the coals to one side of the barbecue, making the other side a source of indirect heat for low, slow cooking. This also enables you to cook on one half and keep food warm on the other. Alternatively, nestle an old roasting tin in a stack of coals, then cook on a grill over the tin, covered by the lid. The heat circulates giving you a hot-smoked/spit-roast effect, ideal for larger joints, meat on the bone and fish. Where the coals are stacked, you have direct heat for quickly browning food.

A LITTLE OF EACH

By sloping the coals you get a gradient of heat, from searing hot to a temperature ideal for gentle sizzling. When barbecuing for a crowd, move the food around the grill to keep it from burning as you work on cooking the next batch on the fully stacked end.

KNOW WHEN THE COALS ARE READY

Undercooking or burning food is not a risk worth taking. Observe the coals. Black or grey with flames means not ready yet. Step away, have a beer and relax. Glowing white hot with red centres? Blow gently on them to check they are glowing. If so, you have direct heat. When ashy white but still very hot, you have indirect heat, or you can cook in the coals.



THE GRANDEST FESTIVE OFFERS IN TOWN

With the festive season just around the corner, get ready for an exciting month filled with fabulous seasonal decorations, themed events, special offers and mouthwatering festive delicacies prepared by the talented team of chefs at Grand Hyatt Dubai.

PANINI

Christmas kicks off at the Italian deli and café, offering an impressive display of gingerbread houses, homemade Loison panettone, chocolate Santa Claus's and assorted Drei Meister chocolates. Round up all the kids and stop by Santa's grotto, to really get into the merry spirit!

When? Available from Wednesday 4th December, onwards. Daily from 8am to 1am.

CHRISTMAS TREE LIGHTING

With Christmas carols, festive drinks and all your favourite bites, the annual Christmas tree lighting at Grand Hyatt Dubai promises to be a jolly good time! Taking place during the first week of December, guests and their children are invited to join for the lighting, and 'rock around the Christmas tree' to officially kick off the festive season.

THE COLLECTIVE BY MARKET CAFÉ

Feast for Christmas lunch with a scrumptious 'All You Can Eat and Drink' festive brunch!

When: December 25, 2019

Time: 12.30pm to 4pm

Price: Starting from Dhs249 per person, inclusive of soft drinks, Dhs125 for children aged 6 to 12 years old, inclusive of soft beverages. Premium packages are also available.

POOLSIDE RESTAURANT

Christmas in Dubai may not be the winter wonderland that we all know, but what we lack in snow, we make up with lip smacking barbecues, sensational seafood, festive lights and all your favourite icy cold beverages! Enjoy a festive all-you-can-eat poolside barbecue brunch, like no other!

When: December 25, 2019

Time: 12.30pm – 4pm

Price: Dhs189 per person

MANHATTAN GRILL

Spare yourselves the hassle of having to carve at your festive dinner and head at Manhattan Grill, where Chef's special turkey trolley will have a crispy butterfly roast turkey, carved right before your eyes.

When: December 24 & 25, 2019

Time: 7pm to 11.30pm

GRAND ROAST TO-GO

If you are pressed for time this festive season, do not stress – leave the magic to Grand Hyatt Dubai.

In the spirit of Christmas, let the culinary team lend you a hand in preparing a wonderful festive feast including a traditional roast turkey served with all the trimmings for your friends and family.



Available:

November 20, 2019 – January 7, 2020

Prices:

Traditional Festive Turkey

- Dhs650 – Small size (8 to 10kg) – Serves 5
- Dhs800 – Large size (10 to 12kg) – Serves 10

Black Angus Oven Roasted Rib Eye

- Dhs999 – Small size (2.5kg) – Serves 5
- Dhs1,100 – Large size (3.5kg) – Serves 10

Traditional Roasted Goose

- Dhs850 – 5kg - Serves 8

All orders include six different side dishes to choose from, plus four sauces. Orders must be placed a minimum of 48-hours in advance by calling +9714 317 2290. Pick-up is from Panini, at Grand Hyatt Dubai.

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EVENING AND THE CITY OF LIGHTS AWAKENS.

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: **FOR AED 35** AND SMALL PLATES RANGE
: **BETWEEN AED 25 AND AED 50.**

DAY : **EVERY DAY**

TIME : **4PM - 8PM**

**THIS PROMOTION CANNOT BE USED IN CONJUNCTION
WITH ANY OTHER DISCOUNTS OR PROMOTIONS**

FIRE
LAKE

quick fixes

smoothies

Simply blitz together a handful or two of fresh fruit, nuts and oats to make these beautifully vibrant recipes

Green goddess smoothie bowl

SERVES 2 **PREP** 10 mins plus 2 hrs freezing **EASY** **V**

Slice **2 bananas**, then spread out on a lined tray and freeze until solid (at least 2 hrs). Blend together the frozen banana, **1 chopped avocado**, **1 small chopped mango**, **100g spinach**, **250ml milk**, **1 tbsp nut butter** and **1 tbsp honey** until smooth. Divide between two bowls and top each bowl with **1-2 tbsp nutty granola** and a **handful mixed chopped fruit**.

GOOD TO KNOW calcium • folate • calcium • vit c • 1 of 5-a-day
PER SERVING 463 kcs • fat 20g • saturates 6g • carbs 55g • sugars 45g • fibre 7g • protein 11g • salt 0.1g

Vegan cherry smoothie

SERVES 2 **PREP** 5 mins **EASY** **V**

Put **100ml cherry juice**, **200ml unsweetened soya milk**, **125g soya yogurt**, **50g firm silken tofu**, **75g frozen or fresh pitted cherries** and **2 tbsp rolled oats** in a blender. Whizz until smooth and serve chilled.

GOOD TO KNOW vegan • calcium
PER SERVING 186 kcs • fat 5g • saturates 0.7g • carbs 25g • sugars 16g • fibre 3g • protein 9g • salt 0.1g

Breakfast super shake

SERVES 1 **PREP** 5 min **EASY** **V**

Put **100ml milk**, **2 tbsp natural yogurt**, **1 chopped banana**, **50g blueberries**, **1 tbsp chia seeds**, **1/2 tsp cinnamon**, **1 tbsp goji berries**, **1 tsp mixed seeds** and **1 tsp honey** and blend.

GOOD TO KNOW fibre • calcium • 1 of 5-a-day • gluten free
PER SERVING 391 kcs • fat 12g • saturates 5g • carbs 50g • sugars 44g • fibre 10g • protein 15g • salt 0.4g



Peach melba smoothie

SERVES 2 **PREP** 5 mins **EASY** **V**

Drain and rinse a **410g can peach halves** and whizz in a blender with **100g frozen raspberries**, **100ml orange juice** and **150ml fresh custard**. Pour into a glass with **ice** and top with **raspberries**.

GOOD TO KNOW low fat • vit c • 1 of 5-a-day • gluten free
PER SERVING 161 kcs • fat 2g • saturates 1g • carbs 30g • sugars 27g • fibre 3g • protein 4g • salt 0.1g

Sunshine smoothie

SERVES 3 **PREP** 5 mins **EASY** **V**

Add **500ml carrot juice**, **200g chopped pineapple**, **2 chopped bananas**, **1 small piece grated ginger**, **20g cashew nuts** and the **juice of 1 lime** into a blender. Whizz until smooth, then divide between three chilled glasses.

GOOD TO KNOW vegan • low fat • 1 of 5-a-day
PER SERVING 171 kcs • fat 4g • saturates 1g • carbs 30g • sugars 27g • fibre 3g • protein 3g • salt 0.3g



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easiest ever midweek meals

A week of simple, delicious suppers from food writer, Jane Lovett

photographs
TONY BRISCOE



One-pan cod, chorizo & chickpeas

SERVES 4 **PREP 15 mins** **COOK 15 mins**
EASY ▢

13cm piece chorizo, halved lengthways and sliced into thick half-moons
2 garlic cloves, crushed
a good pinch of dried oregano
1 tsp rose harissa paste, plus a little extra for serving
400g can chickpeas, drained and rinsed
400g can chopped tomatoes
½ tsp sugar
4 x fillets of cod (total weight approximately 550g)
olive oil
100g samphire (optional)

To serve
yogurt
bread, for mopping up the sauce

1 Cook the chorizo in a frying pan (preferably one with a lid) for 2-3 mins over a medium heat until the oil begins to run. Add the garlic and oregano and stir for 1 min. Add the harissa paste, chickpeas, tomatoes and sugar, and season well. Bring to the boil and simmer gently for 5 mins.

2 Cut the fish fillets into halves or thirds, depending on their size, and tuck the thinner ends under to make them an even thickness. Sit the fish on top of the

chickpea mixture in one layer. Sprinkle with a little salt and olive oil, cover with the lid or some foil, bring back to the boil and simmer for 5-7 mins, or until the fish has turned opaque and is just cooked.

3 Meanwhile, if using, cook the samphire for 3 mins in boiling water and drain. Remove the lid from the fish, add dollops of yogurt and swirl a little harissa into it. Top with the samphire, if using, and serve straight from the pan, with bread to mop up the juices.

GOOD TO KNOW 2 of 5-a-day • gluten free
PER SERVING 403 kcs • fat 19g • saturates 6g • carbs 15g • sugars 5g • fibre 5g • protein 40g • salt 1.9g

Turkish lamb meatballs with bulgur pilaf

SERVES 4 (makes 14-16 meatballs) **PREP** 25 mins
COOK 30 mins **EASY**

500g lean lamb mince	1 egg, beaten, to bind
1 garlic clove, crushed	vegetable oil
5 spring onions, chopped	For the sauce
2 tsp ground coriander	400g can chopped tomatoes
1 tsp ground cumin	½ tsp ground cinnamon
½ tsp ground cinnamon	a pinch of sugar
a pinch of chilli powder	For the pilaf
1 tsp finely grated ginger (or ready- prepared from a jar)	30g butter
1 tbsp chopped mint, plus a little extra to serve	100g orzo
1 tbsp chopped parsley	200g bulgur wheat
	1 tsp ground cumin
	a bunch of dill, chopped (optional)

1 Mix all the meatball ingredients, except the egg and vegetable oil, with some seasoning – using your hands is best! Add a little egg just to bind the mixture – you may not need it all; be careful not to make it too wet. With wet hands, shape into 14-16 balls the size of golf balls.

2 Heat a little oil in a sauté or frying pan and add the meatballs. Fry, turning, until golden brown all over. Pour off all but 1 tbsp of fat. Add all the sauce ingredients, rinse out the tomato can with a little water and add, then cover and simmer for 10-15 mins, turning the meatballs once. Remove the lid and simmer briskly for 4-6 mins more to thicken the sauce, if needed.

3 Meanwhile, for the pilaf, melt the butter in a lidded saucepan. Add the orzo and stir over the heat for a few mins until golden brown. Add the bulgur wheat and continue to stir for a further 2 mins. Stir in the cumin, salt and pepper.

4 Add 425ml water to the pilaf, bring to the boil, cover and cook on the lowest heat for 10 mins until all the liquid has been absorbed. Remove from the heat and take off the lid, cover with a tea towel or cloth, replace the lid and leave to steam for 10 mins. Fluff up with a fork, check the seasoning and add the dill, if using.

GOOD TO KNOW fibre • iron • 1 of 5-a-day

PER SERVING 613 kcals • fat 31g • saturates 13g • carbs 40g • sugars 5g •
fibre 12g • protein 37g • salt 0.5g





Bang bang chicken

SERVES 6-8 PREP 35 mins COOK 5 mins EASY

2½ tbsp granulated sugar
4 tbsp rice vinegar
2 medium carrots, peeled
and cut into fine
matchsticks
½ cucumber, cut into fine
matchsticks
a bunch of spring onions,
trimmed, halved and cut
into thin strips
1 cooked chicken (about
1kg)
2 Cos or Little Gem
lettuces, and/or a bag
of watercress

For the sauce
140g smooth peanut butter
1 tbsp sweet chilli sauce
2½ tbsp toasted sesame oil
3 tbsp vegetable oil
½ tbsp soy sauce
To serve (optional)
salted peanuts, roughly
chopped
torn mint leaves
red chilli, deseeded and
thinly sliced diagonally
toasted black or white
sesame seeds

- 1 Heat the sugar, a good pinch of salt and vinegar together in a small saucepan. Stir to dissolve the sugar, then simmer for 1-2 mins until syrupy. Put the carrots, cucumber and spring onions in a small bowl, pour over the hot syrup and set aside, stirring from time to time.
- 2 Place all the sauce ingredients in a small bowl and sit it over a pan of simmering water for a few mins, whisking occasionally until smooth. The gentle heat makes it easier to meld the ingredients together.
- 3 Meanwhile, remove the skin and bones from the chicken, discard, and tear the meat into strips. Slice the lettuce across into ribbons and scatter over a large platter (and/or the watercress, if using). Using a slotted spoon, take the vegetables out of the vinegar mixture, draining well, and arrange on top of the lettuce.
- 4 Heap half the chicken on top, spoon over a little of the warm sauce followed by the rest of the chicken and the sauce. Sprinkle with the peanuts, mint leaves, chilli and sesame seeds, if using.

GOOD TO KNOW folate • 1 of 5-a-day

PER SERVING (8) 404 kcal • fat 27g • saturates 6g • carbs 12g • sugars 11g • fibre 3g • protein 26g • salt 0.7g



Chorizo hash

SERVES 4 PREP 15 mins COOK 25 mins EASY

2-3 tbsp olive oil
1 large onion, sliced
6 cooking chorizo sausages
2 garlic cloves, crushed
a good pinch of dried oregano
½ tsp hot smoked paprika
675g waxy new potatoes,
cooked and cut into chunks

100g baby spinach
4 eggs
a few sprigs of parsley,
chopped
nigella seeds, tabasco or
sriracha sauce, to serve
(optional)

1 Heat a little olive oil in a sauté or deep frying pan and cook the onion until soft and just beginning to brown. Slice each sausage diagonally into approximately six slices and add to the onions. Fry over a high heat until beginning to brown and the oils are running from the chorizo.

2 Add the garlic, oregano, paprika and potatoes, and season with salt and black pepper. Gently mix together and, when sizzling vigorously, cover with a lid and cook over a low heat for 10 mins.

3 Add the spinach and cook until just wilted. Fry the eggs in a little more olive oil in a separate frying pan, or poach them, and serve on top of the hash with a scattering of parsley. Scatter over the nigella seeds and add a few drops of Tabasco or sriracha sauce.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free

PER SERVING 652 kcals • fat 42g • saturates 13g • carbs 33g • sugars 7g • fibre 6g • protein 33g • salt 3.2g

Dukkah-crusted chicken thigh fillets with lime yogurt & pomegranate

SERVES 4 PREP 15 mins COOK 10 mins plus marinating and resting EASY

8 boneless, skinless chicken thigh fillets
200g natural yogurt
1 lime
2 tbsp pomegranate seeds
a few sprigs of coriander or parsley, roughly chopped

For the marinade

1 tsp ground cinnamon
1 tsp turmeric
2 tbsp dukkah
4 tbsp vegetable oil
wraps and salad, to serve (optional)

1 Mix the marinade ingredients together. Add the chicken and coat well. Marinate for up to 24 hrs – this isn't essential.

2 Mix the yogurt with the juice from half the lime and season with salt. Set aside. Heat a frying or griddle pan until hot. Sprinkle the skinned side of the chicken with salt and cook, salted-side down in the dry pan. Press down with a fish slice then fry until crisp and golden. Sprinkle with salt, turn over and repeat until the chicken is cooked through. This will take about 5 mins on each side. If you need to cook in batches, wipe out the pan in between.

3 Top each thigh with a dollop of yogurt sauce, scatter with the pomegranate seeds and roughly chopped herbs, and squeeze over the remaining lime. Serve in wraps with salad, if you like.

GOOD TO KNOW gluten free

PER SERVING 366 kcals • fat 23g • saturates 4g • carbs 8g • sugars 5g • fibre 3g • protein 30g • salt 0.8g





A happy, healthy Christmas

With the festive season in full swing and Christmas just around the corner, it's time to start thinking about the big day. Here's what eat well Restaurant & Bistro at Dubai Herbal & Treatment Centre has in store...

Celebrate a month-long festive feast at the award-winning eat well Restaurant & Bistro!

Gather with family and friends at eat well for the festive season and rejoice starting with Christmas Eve vegan dinner on December 24, 2019, specially for all the followers to revel in the happiness together amongst fellow vegan members, followed by the Healthy Santa Brunch on December 25, 2019. The festivities continue on December 31, 2019, when eat well will host a special New Year's Eve dinner.

eat well will have festive theme goodies available to be purchased, ranging from gingerbreads and cookies, plus lots more. With both gingerbreads and cookies being entirely gluten and dairy free, it's a perfect healthy addition to your festivities and can be a unique gift for your friends and families!

Enjoy traditional Christmas delicacies, vegan loaves and mains, with delicious sides and sauces, as well as lots of exciting Christmas retail products to choose from this festive season at eat well.



Turkey Takeaway

If you're staying in this Christmas, tuck into eat well's turkey takeaways with all of the trimmings...

How to order: All orders must be made at least 72 hours ahead of time. Payment to be made in advance.

The details: Turkey Takeaways must be picked up from eat well. All festive Turkey Takeaways are gluten free, dairy free and egg free.

Available: Until December 28, 2019



eat well, Dubai Herbal & Treatment Centre
Oud Metha Road - Dubai

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Peppered fresh tuna Niçoise

SERVES 4-6 **PREP** 30 mins
COOK 10 mins **EASY**

300g French beans, topped but not tailed
12 quail's eggs (or 4-5 hen's eggs)
small bag mixed salad leaves
450g waxy new potatoes, cooked
½ red onion, very thinly sliced
250g cherry or baby plum tomatoes, halved
12-15 black olives, stoned
8 anchovy fillets, snipped into slivers
2 tbsp cracked black pepper
2 x 225g tuna steaks
olive oil, for frying
1 tsp tapenade
For the dressing
1 tsp Dijon mustard
1 garlic clove, crushed
2 tbsp red wine vinegar
7 tbsp olive oil
1 tbsp freshly chopped tarragon

1 Cook the beans in boiling salted water until just tender. Drain, cool under cold water and dry well on kitchen paper.
2 Bring the quail's eggs to the boil in a pan of water and cook for 2 mins, or 7 mins if you're using hen's eggs. Drain and cool under cold running water and peel, then submerge in a bowl of cold water. Mix the dressing ingredients together with some seasoning.
3 Scatter the salad leaves over a platter, tearing any larger ones, and add the beans. Cut the potatoes lengthways into three and halve the eggs. Arrange the potatoes over the beans, followed by the red onion, tomatoes and

the eggs. Dot around the olives and anchovies.
4 Heat a frying or griddle pan until very hot. Spread the cracked pepper onto a plate; rub a little salt into the tuna steaks, then press into the pepper to coat. (Alternatively, grind over some black pepper.) Rub with a little olive oil and sear for about 30 seconds on each side. Slice diagonally and arrange over the salad.
5 Spoon over the dressing. Mix the tapenade to a sauce consistency with some olive oil and drizzle over the salad.

GOOD TO KNOW low cal • omega-3 • 1 of 5-a-day • gluten free
PER SERVING (6) 342 kcs • fat 18g • saturates 3g • carbs 16g • sugars 4g • fibre 6g • protein 26g • salt 1.4g



Indulgent dining deals

The world's tallest 5-star hotel, JW Marriott Marquis Dubai, invites you to indulge in an exciting range of all-new dining and wellness experiences this month



Diwali Experience at Masala Library by Jiggs Kalra

Utilizing some of the latest technology and cutting-edge techniques, this Diwali set-menu will not be like any other. Gather your family and friends and indulge in this specially crafted menu rich in flavour.

When? October 28 – November 9, 2019

Price:

- AED215 per person, food only (vegetarian)
- AED245 per person, food only (non-vegetarian)

Award-winning afternoon tea at La Farine Café & Bakery

Discover why afternoon tea is about a lot more than just tea. A dedicated tea Sommelier will introduce you to Tchaba, La Farine's signature tea brand, and take you through a journey unlike any other; a sequence of warm bienvenues, mouthwatering treats and smile-worthy moments.

When? Daily from 1pm to 6pm

Price: AED110 per person, or AED195 per couple

High Stakes Ladies' Nights at Prime68 steakhouse

When the stakes are high and the steaks are even higher, head to Prime68 for a different kind of girls' night-out. Grab the reigns and gallop to your own tune by choosing your main course, two side dishes and three delicious beverages from a special menu.

When? Every Tuesday, from 7pm until 10pm

Price: AED199 per person

Wellness Hours at Saray Spa

Surrender your senses with treatments designed to rejuvenate your body, mind and soul every Sunday to Thursday. Book any massage between 9am to 2pm and receive 25% off.

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Salmon, courgetti & asparagus with lime & caper dressing

SERVES 4-6 **PREP** 30 mins **COOK** 20 mins **EASY**

2 medium courgettes, spiralized or peeled into ribbons
 a bunch of asparagus (10-12 spears)
 100g samphire (optional)
 olive oil
 4-6 skinless salmon fillets (110-140g each)
 275g fresh, cooked egg or rice noodles
 cress or micro leaves, to garnish (optional)

For the dressing
 1 large lime, zested and juiced
 1 tbsp white wine vinegar
 2 heaped tbsp capers, drained and chopped
 1 garlic clove, crushed
 2 heaped tsp wholegrain mustard
 5 tbsp olive oil
 1 tbsp chopped tarragon, dill or coriander

1 Heat oven to 200C/180C fan/gas 6. Mix together all the dressing ingredients, except for the fresh herbs, with some seasoning and set aside.

2 Blanch the courgettes in boiling salted water for just 30 seconds – no longer! Drain with tongs, cool and leave rolled up in kitchen paper to dry thoroughly.

3 Snap off and discard the woody asparagus ends and cook the asparagus in the same pan you used for the courgettes for a few mins until just tender. Drain in a slotted spoon and cool under cold water. Cut the spears in half, or thirds if long.

4 Cook the samphire, if using, in boiling unsalted water for 3 mins, drain and cool under cold water. Roll up in kitchen paper with the courgettes to dry.

5 Line a baking sheet with foil and lightly oil. Tuck the thin end of the salmon fillets underneath, so they are a more even thickness, and place on the baking sheet.

6 Drizzle a little olive oil and scatter some sea salt flakes over the fillets, and bake for 10-12 mins. The salmon should be opaque on the outside and still a little underdone in the middle.

7 Tip the noodles into a large bowl and season. Add the courgettes, asparagus (reserving a few tips) and all but a handful of samphire, if using. Add the tarragon to the dressing and spoon 4 tbsp into the noodles. Incorporate everything very gently – hands are best! Pile onto a platter, break the salmon into chunky flakes and nestle it over the top. Top with the reserved asparagus and samphire, and spoon over the rest of the dressing. Scatter with cress or micro leaves, if using.

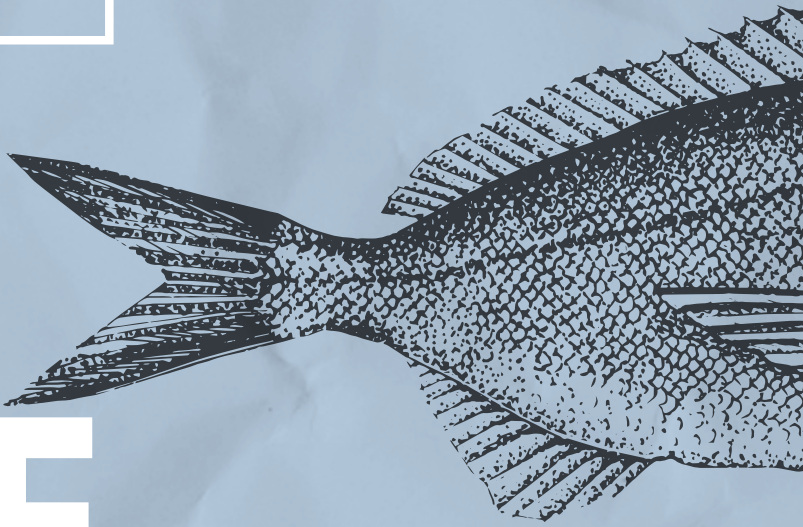
GOOD TO KNOW omega-3 • 1 of 5-a-day

PER SERVING (6) 495 kcs • fat 34g • saturates 6g • carbs 14g • sugars 2g • fibre 2g • protein 33g • salt 0.9g




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4 ways with hotdogs

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recipes ESTHER CLARK
photograph MELISSA REYNOLDS-JAMES

Buffalo hot dogs

SERVES 4 **PREP** 15 mins **COOK** 20 mins **EASY**

Put **50g blue cheese**, **50g soured cream** and **1 tbsp mayonnaise** in a food processor and blitz until smooth. Stir through **1 finely chopped celery stick** and season to taste. Cook **4 sausages** following pack instructions. **Split 4 brioche hot dog buns** and fill each with a sausage, the blue cheese sauce and **a drizzle of buffalo hot sauce**. Top with **2 tbsp crispy fried onions**.

PER SERVING 473 kcal • fat 27g • saturates 11g • carbs 40g • sugars 8g • fibre 3g • protein 15g • salt 1.8g

Cheesy
& tangy

Rich
& spicy

Fresh &
flavourful

Honey-mustard hot dogs

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY**

Combine **50g grated emmental**, **50g grated cheddar**, **3 tsp wholegrain mustard** and **1 tbsp honey**. Cook **4 sausages** following pack instructions. Heat the grill to high. Split **4 brioche hot dog buns**, fill each with a sausage and top with the cheese mixture. Put the hot dogs onto a baking sheet and grill for 1-2 mins or until the cheese has melted.

GOOD TO KNOW calcium

PER SERVING 448 kcal • fat 22g • saturates 11g •
carbs 41g • sugars 11g • fibre 3g • protein 19g •
salt 1.8g

Hoisin hot dogs

SERVES 4 **PREP** 15 mins
COOK 20 mins **EASY**

Mix **1 tbsp sriracha** with **1 tbsp mayonnaise**. Brush **4 sausages** with **2 tbsp hoisin sauce** and cook under a grill following pack instructions. Split **4 brioche hot dog buns**, fill each with a sausage and spoon over some extra hoisin sauce. Top with **1/4 thinly sliced cucumber**, the sriracha mayonnaise and **4 sliced spring onions**.

PER SERVING 406 kcal • fat 20g • saturates 6g •
carbs 42g • sugars 10g • fibre 3g • protein 13g •
salt 1.7g

Sticky cider onion hot dogs

SERVES 4 **PREP** 15 mins **COOK** 40 mins **EASY**

Melt **30g butter** in a pan with **1 tbsp olive oil**. Add **2 finely sliced onions** and a pinch of salt and fry for 25-30 mins or until caramelised. Stir in **1 tbsp dark brown soft sugar** and **1 tbsp cider vinegar**. Mix **1 tbsp Dijon mustard** with **2 tbsp mayonnaise**. Cook **4 sausages** following pack instructions. Split **4 brioche hot dog buns** and fill each with a sausage. Top with the onions and the mustard-mayo.

PER SERVING 578 kcal • fat 35g • saturates 10g • carbs 49g • sugars 17g • fibre 4g • protein 13g • salt 1.8g

Sweet
& sticky



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WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



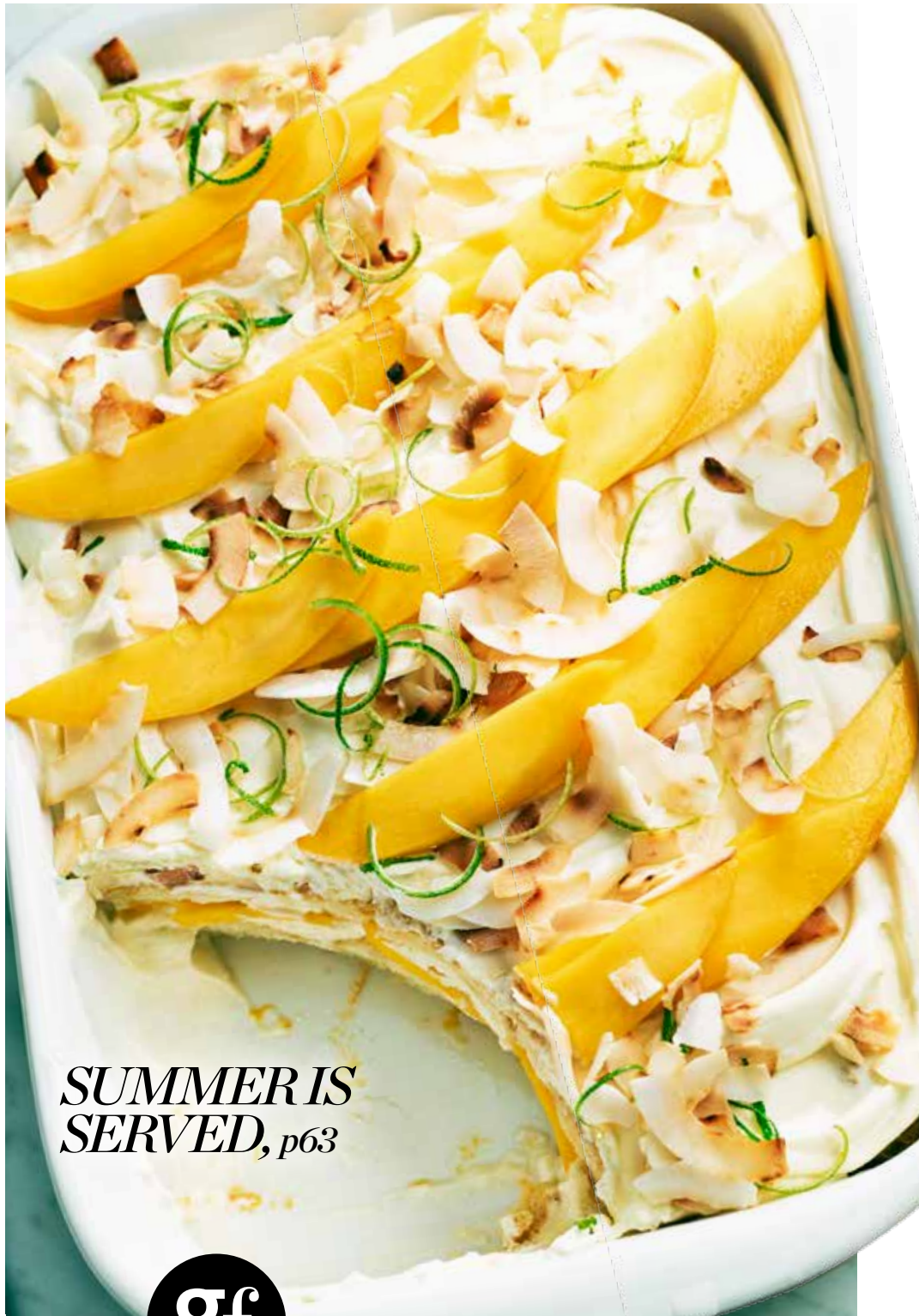
TOM KERRIDGE

30-minute menu, p56



TOMMYSTWIST

Fish pie, p60



**SUMMER IS
SERVED, p63**



TOM KERRIDGE

30-minute menu

BBC TV chef **Tom Kerridge** prepares an impressive and quick three courses for friends


photographs MAJA SMEND

'The Middle East's winter 'summer' is a wonderful time of year for chefs. I love winter and all the slow cooked, sticky, braised, comforting dishes it brings, but there's a new energy to winter here, when we can once again dine outdoors. Cooking at this time of year should be quick, which is why I've put this menu together with that in mind.'

Crab & tangled asparagus salad on toast



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. Find more of Tom's recipes on bbcgoodfoodme.com.
🐦 @ChefTomKerridge



Rib-eye with steak pan potatoes & peas

30-MINUTE MENU

FOR 4

**Crab & tangled asparagus
salad on toast**

**Rib-eye with steak pan
potatoes & peas**

**Peach & raspberry fruit salad
with mascarpone**

Crab & tangled asparagus salad on toast

Shaving asparagus into ribbons isn't something you see that often but it's a lovely way to serve it, and leaving it in the dressing for a few minutes helps it to soften.

SERVES 4 PREP 10 mins
COOK 3 mins EASY

4 asparagus spears, woody ends trimmed
1 lemon, zested and juiced
2 tbsp olive oil
small handful flat-leaf parsley leaves, chopped
1 tbsp capers, drained and chopped
1 small gherkin, chopped
6 tbsp good-quality thick mayonnaise
200g white crabmeat
4 small slices of sourdough
4 small handfuls rocket (about 50g)

1 Use a swivel blade peeler to shave the asparagus into ribbons. Put in a bowl and season with salt and pepper, then dress with the lemon juice and olive oil and set aside.
2 Mix the parsley, capers, gherkin and lemon zest into the mayonnaise in a small bowl, then gently fold through the crabmeat. Toast or griddle the sourdough and top with the crab mixture. Toss the rocket in with the asparagus and top each crab toast with a tangle of the asparagus salad. Season with flaky sea salt and serve.

PER SERVING 532 kcal • fat 43g • saturates 4g • carbs 19g • sugars 3g • fibre 2g • protein 16g • salt 1.3g



To get this menu ready and the starter on the table in 30 mins, put the potatoes on to boil first and make the mascarpone mix for the dessert. Get the starter ready, then cook the steak. Serve the starter while the steak rests.

Rib-eye with steak pan potatoes & peas

Cooking the potatoes in the steak pan means cutting down on the washing-up, but you're also getting all the flavour from the steak onto the potatoes. As we're cooking against the clock, there's no time to make a sauce, but if you slice the steak once it has rested, season and drizzle with olive oil, you'll get a lovely, meaty dressing on the board for drizzling over at the end.

SERVES 4 PREP 5 mins
COOK 15 mins EASY

2 rib-eye steaks, about 300g each and 2cm thick
2 garlic cloves, grated
2 tbsp red wine vinegar
12 new potatoes, quartered
4 tbsp olive oil, plus extra for drizzling
25g butter
50g frozen peas or fresh
8 radishes, sliced, any leaves picked and washed

1 Flatten the steaks out slightly with your hands. Mix the garlic with the vinegar and a large pinch of salt and rub over both sides of the steaks and set aside.

2 Cook the potatoes in boiling water for 8-10 mins until just tender, then drain and set aside. Meanwhile, heat the oil and butter in a large non-stick frying pan over a high heat and sizzle the steaks for 5-6 mins on each side until nicely seared, then sit on a board to rest. Add the potatoes and pan-fry until starting to brown.

3 Pour some boiling water over the peas, then drain and add to the pan with the sliced radishes to heat through for 2 mins, then toss in the radish leaves (if you have them) for 30 secs.

4 Carve the steaks into thick slices and drizzle with a bit more oil and some seasoning to make a dressing with the juices. Fan out the meat and serve with the potatoes in a bowl on the side.

GOOD TO KNOW gluten free
PER SERVING 573 kcal • fat 41g • saturates 16g • carbs 19g • sugars 2g • fibre 3g • protein 29g • salt 0.5g

Peach & raspberry fruit salad with mascarpone

This recipe is just a case of getting the best out of fresh produce. There isn't any actual cooking involved, just layers of flavour. I love lemon thyme with summer fruits, but if you've got a supply of lemon verbena that would work beautifully as well.

SERVES 4 PREP 10 mins
NO COOK EASY V

2 ripe peaches or nectarines
50g caster sugar
1 tsp lemon thyme leaves
100g mascarpone
100ml double cream
drop vanilla extract
16 raspberries, halved
small handful pistachios, roughly chopped
1 tbsp maple syrup

1 Stone and finely slice the peaches or nectarines and arrange the slices over four plates. Sprinkle over a little of the sugar and scatter over most of the thyme leaves.

2 Whisk together the mascarpone, cream, vanilla extract and the remaining sugar in a bowl until light and fluffy. Spoon or pipe blobs of the mixture over the peaches or nectarines and arrange the raspberries over the plates. Finish with a scattering of pistachios, the remaining thyme leaves and a drizzle of maple syrup to serve.

GOOD TO KNOW gluten free
PER SERVING 337 kcal • fat 26g • saturates 16g • carbs 21g • sugars 20g • fibre 2g • protein 3g • salt 0.1g



Peach & raspberry fruit salad with mascarpone

TOMMY'S TWIST

FISH PIE

BBC chef **Tommy Banks** gives one of our favourite comfort foods a flavour-boosting makeover

photograph MELISSA REYNOLDS-JAMES

Creamy fish & leek pie

I have decided to combine two of my favourite dishes, fish pie and creamed leeks, in this lighter but still thick and creamy fish pie, which is also gluten-free.

Baking rather than boiling the potatoes for the topping might take a little longer, but it's also less work. You get that incredible baked potato flavour that works so well with melted cheese, plus you get the skins, which you can bake until crisp or load with cheese for another day.

SERVES 4-6 PREP 20 mins

COOK 1 hr 45 mins EASY ✨

For the mash topping

1.5kg Rooster or Maris Piper potatoes, unpeeled

200ml double cream

50ml milk

50g grated cheddar

50g grated parmesan

For the fish pie mix

100g butter

3 leeks, thinly sliced

¼ tsp ground nutmeg

1½ tbsp wholegrain mustard

100ml dry white wine or dry vermouth

200ml double cream

½ small bunch chives, chopped

½ lemon, zested and juiced

125g skinless smoked haddock, cut into large chunks

125g skinless salmon, cut into large chunks

125g raw king prawns

1 Heat the oven to 200C/180C fan/gas 6. Prick each potato a few times with a knife (to prevent them from bursting) and bake on a baking tray for 1 hr-1 hr 30 mins or until soft when pressed. Cut the potatoes in half and scoop out the flesh into a bowl and mash it with a fork or ricer. Save the skins for another day. While the potato is still hot, mix in the cream and milk to make a smooth mash, season and set aside.

2 While the potatoes are baking, make the fish pie mix. Put a large frying pan on a medium heat. Melt the butter and cook the leeks slowly for 10 mins until they are sweet and tender, then season and add the nutmeg. Stir in the mustard, then pour in the wine and reduce until there is almost no wine left. Pour in the cream and simmer for about 10 mins until reduced by half. Remove from the heat, and add the chives along with the lemon juice and zest. Taste for seasoning.

3 Stir the haddock, salmon and prawns into the creamed leeks and transfer to a medium baking dish, then top with the mashed potato, smooth over to cover the fish, and scatter over the cheeses. Bake for 25-30 mins until the cheese has turned golden brown.

GOOD TO KNOW calcium • fibre • gluten free

PER SERVING (6) 833 kcal • fat 60g • saturates 35g • carbs 42g • sugars 6g • fibre 6g • protein 24g • salt 1.2g



Tommy Banks is chef-owner at The Black Swan in Oldstead (blackswanoldstead.co.uk) and Roots in York (rootsyork.co.uk). His book, *Roots* (Dhs110, Seven Dials), is out now. For more recipes from Tommy, visit bbcgoodfoodme.com. [@tommybanks8](https://twitter.com/tommybanks8)



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A TASTE OF Summer IS SERVED

Bring some sunshine to your table with one of these fruity desserts – ideal for enjoying al fresco

recipes ANNA GLOVER *and* ESTHER CLARK

photographs DAN JONES

Tropical tiramisu, p67

STEP-BY-STEP
ASSEMBLE
THE TART



1 Using a disc of baking parchment, cut the pastry into a circle.



2 Using a spatula, spread the frangipane over the pastry, leaving a 5cm border.



3 Arrange the peach slices over the filling, overlapping them slightly.



4 Use the baking parchment to help fold the pastry over the fruit to create the crust.

Peach galette with brown sugar crust

A showstopper of a pudding – buttery pastry with added crunch from demerara sugar and soft roasted fruits. Serve warm or at room temperature with lots of thick pouring cream or ice cream.

SERVES 8 **PREP** 30 mins plus chilling **COOK** 35 mins **EASY** **V**

50g salted butter, softened
50g light brown soft sugar
1 medium egg
100g ground almonds
5-6 peaches or nectarines
½ lemon, juiced
1 tbsp cornflour
1 tsp vanilla bean paste or extract
3 tbsp icing sugar
2 tbsp peach jam
thick double cream or vanilla ice cream, to serve

For the pastry

250g plain flour, plus more to dust
200g cold butter, diced
65g light brown soft sugar
2 eggs, 1 yolk only (freeze the white for another recipe),
1 whole egg beaten to glaze
2 tbsp demerara sugar, for sprinkling

1 To make the pastry, put the flour, butter and sugar in the bowl of food processor and pulse until it looks like breadcrumbs. Add the egg yolk and 1 tbsp cold water, then pulse again until it forms a ball. Wrap and chill for 30 mins.

2 For the frangipane, beat the butter and sugar together until pale and fluffy, add the egg, whisk again, then fold in the ground almonds to make a paste. Cut the peaches into thin slices, then toss in a bowl with the lemon juice, cornflour, vanilla and icing sugar. Mix gently until the fruit is coated and the cornflour dissolved. Heat the oven to 200C/180C fan/gas 6 and heat a large baking sheet on the middle shelf.

3 Roll the pastry out in between two pieces of baking parchment to a large disc about 5mm thick and 35cm in diameter. Remove the top layer of parchment, draw a 30cm circle onto it, cut it out, and use as a template to cut out a disc of pastry, or roughly trim the pastry into a circle by eye for a more rustic look.

4 Smooth the frangipane over the middle of the pastry with a spatula, leaving a 5cm border around the edge. Arrange the peach slices over the top in a pattern, either in a circle or little fans of fruit.

5 Fold in the edges of the pastry to slightly overlap the fruit. Brush with the beaten egg and sprinkle over the demerara, then transfer to the hot baking sheet using the parchment.

6 Bake for 30-35 mins until the pastry is golden and the fruit looks soft. Leave to cool to room temperature. Heat the jam in the microwave for a few seconds, or in a small pan until warm and runny, then use to glaze the fruit. Serve with thick cream or ice cream.

PER SERVING 582 kcs • fat 35g • saturates 17g • carbs 57g • sugars 31g • fibre 2g • protein 9g • salt 0.6g

**gf tip****TRY OTHER FRUITS**

● A galette is a free-form tart, which means no tart tins or blind baking, so they're really easy to make but look very impressive. This pastry works well with soft fruits, rhubarb, apples or pears. For more galette recipes, head to bbcgoodfoodme.com.



Tropical tiramisu

Put a Caribbean twist on a classic tiramisu by swapping the usual coffee for sponge soaked with mango, lime and creamy coconut. Use good-quality, ripe alphonso mangoes for extra fragrance and fruitiness.

Tiramisu means 'pick me up' or 'cheer me up' in Italian

SERVES 8-10 **PREP** 35 mins plus overnight chilling **NO COOK EASY V**

250g tub mascarpone
300ml double cream
160ml can coconut cream
70g icing sugar
4 tbsp coconut rum
4 limes, zested, plus extra zest
pared into fine curls (see tip),
to serve
150g savoiardi sponge fingers
2 medium ripe mangoes, peeled and
sliced
50g flaked coconut, toasted
For the soaking liquid
300ml mango juice
2 limes, juiced

1 Beat together the mascarpone, double cream, coconut cream and icing sugar using an electric whisk until thick enough to leave a prominent trail when you turn it off and lift it, then fold through the lime zest.

2 Make the soaking liquid by stirring together the mango juice, lime juice and rum in a jug, then pour into a shallow bowl.

3 Get a medium dish ready (about 30 x 20 cm). Dip half the sponge fingers in the soaking liquid for about 10 seconds on each side and place in a single layer in the dish, then drizzle over 3-4 tbsp of the liquid. Top with a layer of half the mascarpone cream, then a layer of sliced mango (using about half). Repeat with the remaining sponges, mascarpone cream, and mango slices. Chill for at least 5 hrs, or preferably overnight. Just before serving, sprinkle over the flaked coconut and lime zest curls.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (10) 496 kcal • fat 36g • saturates 25g • carbs 29g • sugars 23g • fibre 2g • protein 4g • salt 0.1g

gf tip

MAKE LIME ZEST CURLS

● Peel the zest using a veg peeler, then finely slice into strips – they will curl after a few mins.

SPOTLIGHT ON MANGOES

We may be most familiar with the large green mangoes we find in our local supermarkets, but they come in many exotic varieties, grown mainly in India and Pakistan. Here are a few of our favourites:

● **Alphonso mango** Alphonsoes are often said to be the 'king of the mangos'. They have a mustard yellow skin and a bright orange flesh. Grown mainly in the west of India, they have a deeply fragrant flavour and rich, creamy texture.

● **Chaunsa** These are longer than most with a thinner skin and golden yellow colour. They have a rich, sweet flavour and almost fibreless texture. They are available between late June and September and can be bought online or in boxes from Asian supermarkets.

● **Sindhri** The Sindhri mango is known as Pakistan's national fruit. They are shrivelled in appearance with a speckled skin. The flesh is pale yellow and has a slightly acidic flavour.

Raspberry, pistachio & lemon curd trifles

A simple assembly dessert, you can pack this sunshine trifle up in containers and take it on picnics, too. To make it nut-free, make sure your madeira cake doesn't contain ground almonds, and swap pistachios for crumbled ginger biscuits.

SERVES 4 **PREP** 25 mins **NO COOK** **EASY** **V**

1 madeira cake (about 200g)
5 tbsp lemon curd
300g raspberries
1 tsp vanilla extract
3 tbsp limoncello
100g skinless green pistachios, finely chopped
400g thick custard
300ml double cream
2 tbsp icing sugar

1 Cut the madeira cake into 1cm thick slices, and sandwich pieces together using 4 tbsp of the lemon curd. Cut into small squares, and pile into four dessert glasses or one medium trifle dish.

2 Mash half the raspberries in a bowl with a fork, and stir in the vanilla and limoncello. Spoon over the sponge. Top with more halved or whole raspberries – saving some to finish – and a scattering of the pistachios.

3 Stir most of the remaining pistachios into the custard, then spoon over the fruit and sponge.

4 Whip the cream and sugar in a large bowl until thick and billowy, and holding soft peaks. Spoon over the trifles. Top with the reserved pistachios, a swirl of lemon curd and the remaining raspberries.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day

PER SERVING 1,022 kcal • fat 69g • saturates 34g • carbs 75g • sugars 56g • fibre 6g

• protein 15g • salt 0.6g

gf tip

SPEEDY SKINNING

● Soak the pistachios in boiling water for 30 seconds, then rub off their papery skins in between kitchen paper, or buy pistachio nibs online or from health food shops.

MORE SEASONAL SWAPS

● Blueberry crush

Swap the raspberries for blueberries, simmering them in the vanilla and limoncello until bursting, then leave to cool before spooning over the sponge. Layer with more fresh blueberries.

● Blackberry & hazelnut

Use blackberries instead of raspberries and swap limoncello for a berry liqueur (such as cassis). Scatter with toasted hazelnuts and a few mint leaves.

● Peach melba trifles

Use half the amount of raspberries and make up with chopped peach or nectarine. Use peach conserve instead of lemon curd.

SPOTLIGHT ON

RASPBERRIES

Raspberries are part of the rose family, which means they pair well with floral flavours, as well as creamy and nutty desserts. There are a few varieties such as Heritage and Malling Jewel that are the most popular, but also look out for yellow, golden and black varieties. When buying them, avoid punnets where they still have hulls – this could mean they've been picked before they're ripe. Also avoid buying them piled into containers as they're likely to get crushed being packed in this way. Store in the fridge in a single layer and bring up to temperature an hour before serving.





WEEKEND ROAST

By Tom Aikens

Delight in a wide selection of delectable meats, fish or veggie roast at Oak Room.

Friday & Saturday

12:30 pm to 4:30 pm

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health

Delicious recipes and top tips for staying in shape



■ Health news, page 72



■ Eat well meal plan, page 80



healthy bbq

■ let's cook outside, page 74

health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try

The M1 run returns to Media One this month



On the last day of the Dubai Fitness Challenge, Saturday 16th November, the M1 run will take place at Media One, Dubai. This is the event to end on a high

(literally) with a 1.2km car park run, a 33-floor climb, and a chill zone at the top with goodie bags and a cheeky massage to keep the muscles happy and some well-deserved food and drinks. Each participant will get a tag to track their completion time. Participation is priced at Dhs99 (plus VAT) per person and the event will take place from 9am onwards from Media One's entrance. For tickets, visit premieronline.com.

HUMM ORGANIC SNACKS LAUNCH IN UAE



There is a new player on the UAE's organic snack scene – Humm Organic, founded in 2017 by three moms, was recently launched in Dubai. The brand's healthy organic, sweet and

savoury snacks for on-the-go families are said to be a hit with children, busy parents and time-strapped, health conscious individuals.

Already on sale in several locations in the UAE, Humm Organic's line includes nine different products including sweet cookies, biscuits, bars and savoury crackers. Wrapped individually in convenient packaging, Humm bars and biscuits are a great addition to kids' lunchboxes, busy parents' bags. Humm products provides a variety of different diet options for alternative palettes and needs. Most of their product range is vegan, and also have a nut free line.

Humm Organic's products can currently be found at Ripe Markets, Organic Food&Café, Bio Organic Markets, Greenheart, Sprii and Karakoy Gourmet, and the brand is rapidly expanding to various health conscious markets and sales points.

Dubai 30x30

3 fitness classes to try



Dubai's annual fitness challenge is back! Between 18 October and 16 November, the initiative aims to transform Dubai into the world's most active city, encouraging residents to complete 30 minutes of exercise a day across the 30-day period.

With UAE lifestyle app, Privilee, it's now easier than ever to "find your 30", as members get access to high-end gyms, free fitness classes, swimming pools and tennis courts at various luxury hotels and fitness facilities across the UAE. Here are a handful of Dubai-based classes that will get your blood pumping this month:

Kick-boxing

Get fighting fit at 9round's high-intensity 30-minute workout sessions. Classes begin every 3 minutes meaning there is no need to book – just show up and get started! The clue is in the name with this one, but 9round features nine workout stations. Each round is three minutes long, with a 30-second break. Stations focus on strength, coordination and stamina, and it serves as an ideal workout for those short of time, but in need of a quick HIIT session. Privilee members can attend two complimentary classes per week at the JLT and Al Wasl branches.

LesMills Body Pump

Body Pump is the original LesMills barbell workout designed to get you toned, lean and fit. Using light to moderate weights and lots of repetition, each class lasts for 60 minutes and consists of 10 tracks that focus on specific muscle groups – such as legs, triceps, shoulders. Body Pump classes are available free of charge for Privilee members at Fidelity Fitness JLT, TribeFit Dubai Marina, FitRepublik and Fitness4Life Dubai Silicon Oasis.

Spinning

Get your fitness regime in gear this month by trying out one of the many indoor cycling classes available on Privilee. Each track will require you to adjust your bike resistance, effort level and RPM, and a 45-minute class could have you burning up to 600 calories, so happy pedalling! Cycling classes are available free of charge at multiple Privilee outlets, including Rixos The Palm, TribeFit, FitRepublik, Fidelity Fitness, Fly High Fitness and Fitness4Life.

Privilee memberships start at AED529 per month. Visit privilee.ae for more information.

3 NEW VEGAN MENUS TO TRY THIS MONTH

folly by Nick & Scott, Madinat Jumeirah



This November, well-known chef duo, Nick Alvis & Scott Price will introduce their vegan menu at the Souk

Madinat-based, folly by Nick & Scott.

Choose between a choice of unique vegetable pairings such as pumpkin, orange, and watercress or perhaps you would prefer the kohlrabi infused with black garlic, five spice and shitake.

The new vegan menu will be available at folly by Nick & Scott throughout the month of November with dishes starting from Dhs65. Call 04 430 8535.

Stoke House, DAMAC Hills, Trump International Golf Course



Step inside this cosy gastropub on November 1 and celebrate World Vegan Day with Stoke House's specially

curated totally vegan menu. At Dhs99 guests are treated to a four-course meal containing a soup dish, followed by a choice of starters, then mains and desserts. From a zesty guacamole bruschetta to a choice of veggie haven main courses, your taste buds will thank you for the chia, coconut and mango pudding sweet dessert. Call 04-2453939.

Ultra-Brasserie, Marina Plaza & Emaar Square



A place to recharge your batteries and enjoy fresh, healthy food, Ultra Brasserie is serving up a three-course

menu, inclusive of beverage, to celebrate World Vegan Month. Available every Friday during the month of November at both branches, the exclusive vegan menu includes lentil Shepherd's Pie, avocado sushi rolls and ramen, plus more, priced at Dhs99 for three-courses. Visit ultra.ae.

5 health benefits of eating vegan

With World Vegan Day taking place on November 1, 2019, we hear from Fitness First's Nutrition Manager, Banin Shahine, who shares the health benefits of going vegan.



fibre. Edamame beans also have huge amounts of vitamins and minerals that help increase energy in different ways.

5. Leafy green vegetables like spinach, kale, broccoli, lettuce and watercress are all excellent sources of Vitamin B and have an important part to play in energy production. Incorporating these nutritious foods into your daily diet will help fight fatigue.

SLASH YOUR SATURATED FAT INTAKE

Saturated fat is primarily found in animal products like meat and cheese and it is a key factor in increasing cholesterol which contributes to many heart diseases.

Adopting a vegan diet will automatically decrease your saturated fat intake. Any transition to more plant-based eating is extremely heart healthy. Not only can a plant-based diet help with your cholesterol levels but it can also decrease the risk of chronic diseases like heart disease, cancer and diabetes.

FEWER MIGRAINES

Migraines are commonly linked to diet, and food can often be the trigger. Try and stay away from chocolate and cheese and opt for plant-based foods, especially organic product as the produce is much purer and less likely to trigger a migraine attack.

REDUCE THE RISK OF KIDNEY FAILURE

A meat diet isn't always best for the body, especially in high consumption. Recent studies have shown that by following a vegan diet you can reduce the risk of kidneys not functioning properly. Plant proteins are healthier for your organs and help encourage production levels within the liver and kidney.

EAT MORE WHOLE FOODS

Eliminating meat and dairy can help increase your whole food intake and will also encourage you to get more creative in the kitchen. When you lead a vegan lifestyle, naturally you will be consuming a lot more colour and variety of fruits, vegetables and whole grains, that provide the body with the vitamins and minerals you need for optimal health.

A SPRING IN YOUR STEP

Processed foods and sugars can make you feel lethargic and lower your energy levels. Eating whole foods rich in healthy fats, vitamins and minerals will significantly give your energy levels a good boost and lower your stress levels. Here are a few delicious plant-based foods to help increase your energy levels.

1. Bananas are one of the best foods for energy. They are an excellent source of carbohydrates and are full of potassium and vitamin B6- all of which can help boost energy levels in the body.
2. Brown rice is extremely nutritious. It is less processed than white rice and retains more nutritional value in the form of fibre, vitamins and minerals. Thanks to its fibre content, brown rice has a low glycaemic index, meaning it can help regulate blood sugar levels and maintain steady levels throughout the day
3. Apples are rich in natural sugars and fibre and provide a slow and sustained energy release. Rich in antioxidants, apples also help slow down the digestion of carbohydrates, and release energy over a more extended period of time
4. Edamame beans are relatively low in calories, but these satisfying pick-me-up snacks are full of proteins, carbs and





healthy bbq

let's cook outside

Who said a barbecue has to be unhealthy? Swap your usual sausages and burgers for these colourful, healthy alternatives – they're lower in calories and fat while still packing a punch with summer flavours

recipes ESTHER CLARK *photographs* ROB STREETER

Harissa turkey burgers, p76


gf tip

Cooking the fish on foil means the skin won't stick to the grill. Turning the fish also helps prevent it from sticking.

Jerk sea bass & pineapple salsa


SERVES 4 **PREP** 20 mins plus 1 hr marinating **COOK** 15 mins **EASY**

- 1 tbsp jerk seasoning
- 2 garlic cloves, finely grated
- thumb-sized piece ginger, finely grated
- 1 lime, zested
- 2 tbsp rapeseed oil
- 4 small or 2 large whole sea bass, gutted and scaled

For the salsa

- 100g pineapple, finely chopped
- 1/2 cucumber, finely chopped
- 1/4 small red onion, finely chopped
- 3 large tomatoes, finely chopped
- 1/2 small bunch coriander, finely chopped, plus extra to serve
- 2 limes, juiced and zested, plus extra charred wedges, to serve

- 1** Mix the jerk seasoning, garlic, ginger, lime zest and oil in a bowl. Using a sharp knife, cut slits in the skin of the fish and rub liberally with the marinade. Leave on a tray in the fridge for at least 1 hr.
- 2** For the salsa, combine all the ingredients, cover and leave to

marinate at room temperature for up to 1 hr until ready to serve.

3 Put each fish on a sheet foil, and bring the sides around to make an open-topped boat shape. Cook for 15-20 mins on a barbecue (see tip, p76), turning halfway, or until cooked through. Alternatively, heat the oven to 220C/200C fan/gas 7 and bake the fish on a non-stick baking tray for 15-20 mins or until just cooked. Serve scattered with the extra coriander and the salsa on the side.

GOOD TO KNOW healthy • vit c • 2 of 5-a-day
PER SERVING 404 kcal • fat 23g • saturates 4g •
 carbs 10g • sugars 8g • fibre 3g • protein 37g •
 salt 0.8g

Harissa turkey burgers



SERVES 4 **PREP** 35 mins
COOK 30 mins **EASY** ✨

250g pouch mixed grains (or 250g cooked mixed grains)
500g lean turkey breast mince
2 large garlic cloves, finely grated
1 tsp coriander seeds, toasted and crushed
4 tbsp rose harissa
small bunch parsley, finely chopped
2 red peppers
150g rocket
2 tbsp rapeseed oil
1 lemon, juiced
3 cooked beetroots, grated
4 wholemeal seeded buns, toasted, to serve

For the sauce
1 medium courgette
½ small bunch dill, finely chopped
4 tbsp fat-free Greek yogurt
2 tbsp low-fat mayonnaise

1 Cook the grains according to pack instructions. Leave to cool, then tip into a bowl and use your hands to mix in the turkey, garlic, coriander, harissa and parsley. Shape into four patties. Cover and chill.

2 To make the sauce, coarsely grate the courgette, discarding the seeds, then wrap in a clean cloth and squeeze out any liquid. Put in a bowl and mix with the dill, yogurt, 2 tbsp water and the mayonnaise.

3 Put the peppers on the barbecue (see tip, p76) and cook for 10-15 mins or until blistered and starting to char. Or, heat a grill to its highest setting and grill for 15-20 mins, turning halfway. Leave to cool a little, then peel and cut into strips.

4 Toss the rocket with half the oil and lemon juice.

5 Brush the burgers with the remaining oil and cook for 6 mins each side. Alternatively, heat the oil in a frying pan over a medium heat and fry for 6 mins each side. Serve with the sauce, peppers, beetroot, buns and salad so everyone can assemble their own burger.

GOOD TO KNOW healthy • folate • fibre • vit c •

2 of 5-a-day

PER SERVING 500 kcals • fat 22g • saturates 3g • carbs 27g • sugars 10g • fibre 9g • protein 44g • salt 0.9g



Preserved lemon chicken skewers with summer tomato salad



SERVES 4 **PREP** 25 mins plus at least 3 hrs marinating **COOK** 20 mins
EASY

6 skinless and boneless chicken thighs, trimmed of excess fat
1 preserved lemon, pith finely chopped
½ small bunch lemon thyme, leaves picked, plus extra to serve
2 large garlic cloves, finely grated
2 tbsp rapeseed oil

For the salad
2 tbsp rapeseed oil
1 lemon, juiced
½ small bunch parsley, finely chopped
1 small garlic clove, finely grated
500g mixed tomatoes, sliced
70g pitted black olives
1 tbsp pine nuts, toasted

1 Cut the chicken into 3cm pieces, then mix in a bowl with the lemon, thyme, garlic, oil and ¼ tsp black pepper. Leave covered in the fridge for at least 3 hrs or ideally, overnight.

2 Just before you're ready to cook the chicken, make the salad dressing by whisking together the oil, lemon juice, parsley and garlic.

3 Thread the chicken onto four skewers, put on the barbecue (see tip, p76) and cook for 15-20 mins, turning halfway. They should be nicely charred and cooked through. Alternatively, heat a griddle pan over a high heat until very hot. Lay the skewers in the pan and cook for 15-20 mins, turning halfway.

4 Arrange the tomatoes and olives on a sharing platter. Drizzle over the dressing, scatter over the pine nuts and extra thyme, then serve with the chicken skewers.

GOOD TO KNOW healthy • vit c • 2 of 5-a-day •

gluten free

PER SERVING 341 kcals • fat 26g • saturates 4g • carbs 7g • sugars 4g • fibre 3g • protein 19g • salt 0.7g



BBQ rainbow beef salad

FOLATE

FIBRE

3 OF
5-A-DAY

SERVES 6 **PREP** 20 mins plus 1 hr resting **COOK** 6 mins **EASY**

2 x 250g sirloin steaks, fat trimmed
thumb-sized piece ginger, finely
grated
1 garlic clove, finely grated
2 limes, juiced
2 tbsp sesame oil
1 tbsp low-salt soy sauce
3 red bird's eye chillies, 2 finely
chopped, 1 finely sliced
4 Little Gem lettuces

12 radishes, thinly sliced
3 carrots, peeled and finely sliced
½ cucumber, cut into ribbons using
a peeler
3 spring onions, finely sliced
1 large ripe avocado, sliced
½ tbsp mixed sesame seeds

1 Remove the steak from the fridge 1 hr before you're ready to cook to bring it up to room temperature. Just before cooking, make the salad dressing by whisking together the ginger, garlic, lime juice, oil, soy and chopped chillies in a bowl.

2 Put the steaks on the barbecue (see tip, p76) and cook on one side for 3 mins, then turn and cook for 3 mins on the other side for medium

rare. Alternatively, fry your steaks in a frying pan or griddle pan for 3 mins each side. After cooking, cover and rest the meat for 5 mins.

3 Arrange the lettuce leaves, radishes, carrot, cucumber, spring onion and avocado on a sharing plate. Slice the steak against the grain into thin slices and lay on top of the salad. Drizzle over any resting juices and the dressing. Garnish with the sesame seeds and the sliced red chilli.

GOOD TO KNOW healthy • folate • fibre • 3 of 5-a-day
PER SERVING 281 kcals • fat 17g • saturates 4g •
carbs 7g • sugars 6g • fibre 6g • protein 21g • salt 0.4g



gf tip

COOKING ON A BARBECUE

Heat your barbecue 1-2 hrs before you want to cook, allowing the flames to die down and the coals to turn ashy white.

Charred squash & spiced lamb



SERVES 6 PREP 15 mins
COOK 25 mins EASY

1kg squash, deseeded and sliced into rounds about 1cm thick
3 tbsp rapeseed oil
1 tsp ground coriander
3 tsp ground cumin
4 lamb leg steaks, fat trimmed
2 tbsp pomegranate molasses
2 lemons, juiced
small bunch parsley, finely chopped
2 tbsp pistachios, toasted and roughly chopped
30g pomegranate seeds
40g feta, crumbled
mixed salad leaves, to serve

1 Blanch the squash in a pan of simmering water for 5 mins, drain, then leave to steam-dry before tipping into a bowl. Toss with 2 tbsp of the oil, the coriander and cumin.
2 Put the squash directly onto the barbecue (see tip, above) and grill on each side for 8-10 mins or until blistered and tender. Add the lamb and cook for 2-3 mins on each side. Remove and slice into thin strips. Or, griddle the squash and lamb for the same amount of time in a griddle pan over a high heat, turning halfway.
3 Lay the squash on a serving platter, top with the lamb, then drizzle over the pomegranate molasses, lemon juice and remaining oil. Scatter over the parsley, pistachios, pomegranate and feta. Serve the salad on the side.

GOOD TO KNOW healthy • folate • vit c • 1 of 5-a-day • gluten free

PER SERVING 243 kcal • fat 14g • saturates 3g • carbs 9g • sugars 6g • fibre 3g • protein 18g • salt 0.3g

Tandoori cauli wedges



SERVES 4 PREP 15 mins plus overnight marinating
COOK 25 mins EASY V

150g fat-free natural yogurt
thumb-sized piece ginger, finely grated
2 large garlic cloves, finely grated
1 tsp each garam masala, ground cumin, ground coriander
½ tsp each turmeric and hot chilli powder
2 tbsp tomato purée
½ lemon, juiced
1 large cauliflower
1 red chilli, deseeded and chopped, to serve
For the chutney
25g coriander
25g mint
30g unsalted peanuts
1 green chilli, deseeded and chopped
1 lemon, zested and juiced
2 tbsp rapeseed oil

1 Mix the yogurt, ginger, garlic, spices, tomato purée and lemon juice in a bowl. Pull the outer leaves off the cauliflower (see tip, right), trim off the very bottom of the stalk, then cut into 8-12 wedges, 3-4cm thick. Blanch in a pan of simmering water for 3 mins. Drain, then leave to dry before tipping into a large bowl. Mix with the marinade, cover and leave in the fridge overnight.

2 Make the chutney by blitzing all the ingredients in a blender, or food processor, until smooth. Loosen with 2-3 tbsp water if it seems too thick.

3 Put the cauliflower directly on the barbecue grill (see tip, left). Cook for 7-10 mins on each side or until nicely charred and you can pierce the stalk easily.

Alternatively, cook in a griddle pan, turning, over a high heat for the same amount of time. Drizzle with the chutney and scatter over the chopped red chilli. If you have any leftovers, see page 117 for how to use them.

GOOD TO KNOW healthy • folate • vit c • 2 of 5-a-day

PER SERVING 208 kcal • fat 10g • saturates 1g • carbs 15g • sugars 10g • fibre 5g • protein 11g • salt 0.2g



Dining at Media Rotana

Whether for business or leisure, Media Rotana in Barsha Heights has a dining venue to cater to your tastes – from a typical British pub, to an authentic Italian, here's what the 5-star property has to offer

Prego's

A welcoming oasis to the best in Italian cuisine, Prego's is known for its authentic spirit and distinguished as one of the leading Italian restaurants in the city. Open daily, an open kitchen showcases the chefs creating the finest Italian dishes with a wide range of Italian specialties from thin crusted pizzas, to freshly baked homemade breads blazed in a wooden fire oven. An exciting weekly Friday brunch here features culinary favourites and delightful monthly specials consisting of specially designed menus around noted delicacies complete the experience.

Channels

An informal yet stylish all-day dining restaurant serving rich international buffets for breakfast, lunch and dinner, where guests can select from various live cooking stations, delicious salads, pastas and mouth-watering desserts. The Channels buffet is ideal for group bookings with friends, families and colleagues. The theme night buffet consists of an array of cuisines for each day of the week: English, Pacific, Asian, Japanese, Mexican and Mediterranean. A la carte dining option is also available at Channels.

Nelson's

A modern Victorian pub and a trendy late-night destination features a full menu of beverages and upscale snacks as well as a giant video screen and a top-notch sound system that give the place a warm and relaxed vibe to enjoy watching the English Premier League and other major sporting events. Extended

happy hour and a DJ spinning great music will ensure this pub is a welcoming place to hang out, kick back and enjoy a drink.

The Terrace

A dynamic venue near the pool with a laid-back atmosphere and beanbags, shisha, great music and the best beverages. Trendy, dynamic and relaxed, The Terrace is the destination of choice for that after-hours drink with mates or quality time with family on a weekend. Enjoy a sumptuous selection of bar bites, snacks and the joy of outdoor living.

Connexions

A lobby lounge with contemporary design serving refreshments, light snacks, afternoon tea and well renowned homemade pastries. Connexions is an ideal place to indulge yourself with a mouth-watering selection of teas and coffees as well as varied a la carte menu, while meeting people for business or leisure.

MEET THE TEAM

Media Rotana recently appointed a new executive chef and director of F&B



Executive Chef, Pasquale Sipone: With almost three decades of experience, Pasquale's rich experience comes from working with international hotel groups, catering companies, launching successful stand-alone restaurants alongside fine dining outlets within five-star properties. Pasquale is truly an extraordinary chef with out-of-the-box ideas and mouthwatering recipes that will surely take Media Rotana to the next level.



Director of F&B, Ameya Sapre: Coming from the UK, Ameya has HND and Post Graduate Diploma in Hospitality and Business Management, alongside a Diploma in Hospitality Management and Catering Operations, while also, having attended the Oxford Summer School in Business Management, Keble College, University of Oxford, UK. He has 16+ years of experience in the field of luxury, lifestyle and timeshare brands with an expertise in pre-opening.

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Living with food intolerances

In the second installment of this series, we look into what solutions are offered for people dealing with food intolerance and how a bespoke meal plan from Dubai Herbal & Treatment Centre can help to rid of the intolerance altogether.

By **Sophie Voelzing**

After living with food-related digestive discomfort for quite some time, I decided to visit the Dubai Herbal & Treatment Centre (DHTC), which specialises in alternative and allopathic medicine, to take the ImuPro food intolerance test.

I wanted to get to the bottom of what was causing unpleasant symptoms like bloating and having an upset stomach after eating certain meals, and after a quick and painless blood test and consultation at DHTC, the ImuPro test results revealed which ingredients and food groups in my diet were the culprits.

Yes, you guessed it – gluten was one of them. But what surprised me the most was seeing items like potatoes, pineapples and ginger, amongst others on the list. I had no idea that foods like these were wreaking so much havoc on my digestive system.

Equipped with my list of food foes, I felt slightly overwhelmed with what to do next – how would I cope with cutting all of these foods out of my diet? And, what on earth was I going to eat instead?

Bespoke meal plans

To get into the swing of things with my 'new diet', I sought the help of DHTC's

nutrition specialists, who work hand-in-hand with the culinary team at Eat Well – the in-house healthy eating restaurant at DHTC, to create bespoke meal plans for its customers.

Depending on a client's requirements, the meal plans can be tailored for those looking to lose weight, detox their system, improve their fertility, eat the right foods for being athletic, or for those living with diabetes. All meal plans offered are gluten and sugar free, plus they are available in paleo, vegetarian and vegan. Basically, whatever your dietary requirements may be, DHTC's Eat Well restaurant will be able to create a plan just for you.

How it works

To get started with my bespoke meal plan, I met with a nutritionist at DHTC to discuss my intolerances, my usual diet habits, and foods that I did and didn't like.

From there, she created a week-long menu comprising three meals per day, plus two snacks. At the start of each week for the month that I tried the meal plan, I'd receive a new menu to approve. If there was anything I didn't particularly fancy or did not like, the items would be replaced to something more suited to my taste.



I loved that each week would bring a brand-new menu, so I always had new dishes and snacks to look forward to, and things didn't get boring.

Once the menu was confirmed, each evening a cool-packed bag would be conveniently delivered to my home with all of my meals and snacks for the following day.

Each meal came with a sticker of instructions on it, stating how to store and heat up, if required.

A typical day's food for me would include satisfying breakfasts like a blueberry & almond smoothie, or an indulgent serving of waffles with fruit and cashew cream. Snacks would include everything from fruit and vegetable crudité's with assorted dips, to muffins and cookies. While lunch and dinner options were slightly heartier and featured dishes like



MEAL PLANS

All meal plans from Eat Well are gluten and sugar free. Options on offer include: detox, weight loss, diabetes, athlete, and fertility. Each meal plan is also available in paleo, vegetarian and vegan. Detox juicing plans are also available.

20-DAY PLANS

- Full day (3 meals + 2 snacks) – Dhs3,745
- Bespoke (3 meals + 2 snacks) – Dhs4,920
- AM package (2 meals + 1 snack) – Dhs2,460
- PM package (2 meals + 1 snack) – Dhs2,995
- Business (1 meal + 1 snack) – Dhs1,390

baked citrus salmon with sugar snap peas, braised chicken thighs with carrots, sweet potatoes & thyme, and gluten-free pasta with ratatouille-style vegetables.

The results

Not only was Eat Well's meal plan convenient and delicious, but it successfully pushed me in the right direction with creating new eating habits. I didn't feel too much different after week-one of the plan,

but by the end of week-two, I was feeling much less bloated and uncomfortable.

I'd gone into the plan worrying that I'd go hungry or I'd really miss certain foods, but that wasn't the case. Eat Well's selection ensures that you're still able to enjoy the foods and meals you love, through the use of ingredient supplements and food swaps that don't compromise on flavour or altering the recipe too much.

What's also great is that you can pause the plan over weekends, which I found beneficial as it forced me to start thinking of suitable meals for myself moving forward, and also allowed me to dine with my husband before the working week began again.

Now a few months later, I feel so much better for knowing what my food intolerances are and how to live with them. What's encouraging is that

“
Monotonous diets can trigger new intolerances because a person is eating too much of the same thing, which is hard on the digestive system”



food intolerances can come and go. They can develop out of nowhere for a wide-range of reasons – sometimes it's down to lifestyle, medications, over-eating a certain food type, or for other unknown reasons that cause our immune system to start overreacting to a specific ingredient.

Doctor Maria from DHTC advised me to re-take the ImoPro test 12-months from now, so I'm hopeful that with the right diet moving forward, I may no longer have intolerances to some of the foods identified in my last test. Wouldn't that be nice?

Dubai Herbal & Treatment Centre

Oud Metha Road, Dubai, UAE
Tel: 04 335 1200
Visit: dubaihtc.com



ASK THE DOCTOR

Wondering if tailored meal plans can help with your food intolerances? Dr. Maria from Dubai Herbal & Treatment Centre is here to help...

Once a person's intolerances have been identified, how can the meal plans offered at Eat Well assist?

Sometimes it can get complicated to shop and cook avoiding the food that a person is intolerant to. Recipes need to be change, and people who are busy sometimes get overwhelmed by this. Eat Well can take care of this and you just get the food delivered to your home or office, hassle-free and designed by a nutritionist, making sure it takes care of not only your intolerances but also nutritional needs, daily calorie intake, etc.

What are the most popular meal plans available at Eat Well?

Eat Well offers five different plans: weight loss, athlete, fertility, diabetic and detox. Soon, we are also launching a Keto diet plan for our customers. All of the plans are available in our original concept of 100% gluten free and refined sugar free, however our guests also have the choice to avail them in paleo, vegan or vegetarian diets.

The most requested plans are always weight management and athlete, and in certain months detox plans are in high demand.

Where are the ingredients for Eat Well sources and how is quality ensured?

We try to source the best quality ingredients through our trusted suppliers in Dubai, most of our proteins are from either Europe or Asia Pacific. We started to work with some of the local suppliers in UAE recently too, since the UAE has

started to produce some good quality vegetables – it's also great to support the local framers.

We are an ISO 2200:2005 & HACCP certified kitchen and follow all the guidelines of Dubai Municipality strictly to serve safe and quality food, this also allows us to choose our suppliers, who are also HACCP & ISO certified ensuring quality.

Having intolerances often lead people to believe their diets must therefore become very restricted. Why is this a common misconception?

This is a common misconception because they are not aware of all possibilities of cooking with the restrictions and how to replace ingredients like for example, eggs, dairy or gluten.

What benefits and results can a consumer experience from following a tailored meal plan?

The meal plan is recommended and personalised by a nutritionist, taking care of not only the food intolerances but also other medical needs (weight loss or gain) and conditions (diabetes, cholesterol, gout etc.). Sourcing ingredients and cooking, finding suitable recipes is taken care of, making life easy and healthy.

What should a person do if some of their symptoms persist after a month of following a meal plan?

First of all, sometimes it takes longer to get rid of all symptoms, especially with chronic conditions, and of course we always also recommend seeing a doctor, sometimes diet alone is not enough and we need to add herbal medication or supplements.

Is it possible to develop new intolerances as time goes by? If so, what causes them to develop and how can a person prevent them?

Yes, it's possible to develop new intolerances. We recommend repeating the intolerance test after one-year. One important factor is to have what we call a rotation diet, trying to avoid eating the same food every day. All too often, monotonous diets can trigger new intolerances because a person is eating too much of the same thing, which is hard on the digestive system.

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Lofoten Islands

Clustered together in the Norwegian Sea, high above the Arctic Circle, lie the secluded islands of Lofoten. With their landscape dramatically changing through the seasons, in mid-winter you'll find these five main islands and their countless rocky outcrops thick with snow and, if you're lucky, magically lit by the aurora borealis. For a festive trip that reconnects you to nature and serves up a blissful dose of tranquility, Lofoten makes for a unique winter getaway.

Dramatic natural beauty is what draws visitors to these remote islands, best taken in on a winter hike or biking tour – waymarked paths criss-cross Lofoten's main isles, passing through colourful fishing villages. Temperatures can plummet quickly, so come equipped with warm, wind- and waterproof clothing. Most hotels can suggest circular routes from their doors or, to really get out into the wilds, join a guided snowshoeing trip (xxlofoten.no), departing from the harbour in Svolvær, Lofoten's largest town (three-four hour tours from Dhs430 per person, depending on weather conditions). Or see the sights from the water, and join a RIB boat trip to speed through icy Trollfjord, looking out for flocks of incredible sea eagles and seals (two-hour tours from Dhs380 per adult, Dhs285 for children under 12; lofoten-explorer.no).

It's easy to work up an appetite here, and for an intimate experience showcasing fresh fish and locally foraged ingredients, arrange a dinner at Lofoten Food Studio (lofotenfoodstudio.no). Located in the village of Ballstad, chef-owner Roy Magne Berglund devises chef's table tasting menus featuring such local highlights as scallops with hazelnuts and soy, and dishes using seaweed, all served with wine pairings. Tasting menus from Dhs537, plus Dhs404 for pairing.

Also in Ballstad, Hattvika Lodge, a collection of self-catered, sleek Scandinavian fishing cottages, has cosy modern interiors and underfloor heating in

Explore the coastline on a boat trip



**Seaweed is loved
by the locals**



Skrei cod

the bathrooms. Guests have use of a hot tub and a traditional Scandinavian outdoor sauna. Views from here are spectacular: watch fishing boats sail past your bedroom window, in the shadow of untamed mountains. The owners, long-time locals, offer plenty of advice on the best ways to see the islands.

If in season, ask Hattvika's owners where best to try skrei cod – the delicious, meaty strain of the white fish that migrates to the islands between January and April. Preserved versions can be found out of season: Lofoten is one of Norway's leading locations for the production of stockfish, the beloved dried, unsalted fish that features on most local menus, often used in rich stews and comforting soups. Another local love is seaweed. Lofoten's clean air and lack of pollution helps produce pristine varieties. Lofoten Seaweed Company (lofotenseaweed.no) hand-harvests its saltwater veg from March-June every year, which are dried in small batches and supplied to numerous island restaurants. Look out for the famed truffle version, along with smoked kelps, and delicious Japanese-inspired umami mixes. *Esther Clark*

How to do it

Hattvika Lodge (hattvikalodge.no) has apartments sleeping two from Dhs775 per night. Lofoten's airports are in Svolvær and Leknes. Norwegian (norwegian.no) and SAS (flysas.com) fly from several Norwegian cities, including Oslo, to the small town of Bodø, from where Widerøe (wideroe.no) offers onwards connections to the islands. Widerøe also operates direct flights on select weekdays from Oslo.

“ Watch fishing boats sail past your bedroom window, in the shadow of untamed mountains ”



Take a dip in the thermal pools of the Blue Lagoon



Sleep under the stars in a cosy bubble



See the impressive ice caves



Iceland

Land of fire and ice, home to active volcanoes, Europe's largest glacier, ice caves and a firm local faith in legends of trolls and elves; Iceland is a truly striking Nordic island. With a modest population of just under 340,000 who experience only a few hours of sunlight on winter days, arriving here can feel like you've travelled to the ends of the earth.

Eating well in Iceland is expensive, but many restaurants champion quality and locally sourced ingredients. The family-run [Efstidalur](#) is a farm-to-table outfit with excellent homemade skyr (Icelandic-style yogurt) served as a sauce in their beef skyrburger with feta (mains from Dhs61, [efstidalur.is](#)). The restaurant sits in the middle of the Golden Circle – so named because of its circular 140-mile-long route passing popular attractions, including Gullfoss waterfall, Strokkur geyser, hot springs and Kerid Crater – offering respite from winter treks.

Enjoy the Circle's wilderness from your very own transparent igloo-style 'bubble'. Set in secluded snowy woodland, these hotel rooms have spectacular views of the aurora-illuminated sky, and share sparkling clean bathroom facilities, and a kitchen.

Iceland offers countless sightseeing tours, but don't miss the chance to travel independently by car, stopping to take in the island's traditional turf-roofed houses and other photo opportunities. Reynisfjara, a black sand beach near Vík, is an idyllic place for posing with its tall basalt stacks – natural rock formations that look like giant square steps – and caves facing the sea (but keep an eye out for dangerous 'sneaker' waves). After a bracing puffin-spotting walk, [Restaurant Suður-Vík](#) is a welcoming spot in the village. It has a varied menu, from lamb

“Float to the water bar before drying off and dining at Lava, serving fish from the nearby harbour”



Pakkhús Restaurant

fillet with hasselback potatoes to spicy Panang curry, and proves popular with families, too (mains from around Dhs47; [facebook.com/sudurvik](#)).

If you choose to venture further east to see the floating icebergs of Jökulsárlón Glacier Lagoon, Höfn, a small fishing town that hosts an annual lobster festival each June, is just a short drive away. An old, scrap-built warehouse overlooking the harbour is home to [Pakkhús Restaurant](#) ([pakkhus.is](#)). You may have to wait for a table, but the food and warm service are worth it. Try a substantial plate of fresh langoustine tails with spiced garlic butter (Dhs214), and the 'skyr volcano': a sophisticated, Icelandic twist on Eton mess with black 'ash' meringue, vanilla skyr mousse and popping candy rocks (Dhs52).

Soaking in the natural thermal pools at the Blue Lagoon ([bluelagoon.com](#)) with herbal face masks offers rejuvenation before the flight home. Float to the water bar for a drink before drying off and dining at [Lava](#), serving fish from nearby Grindavík harbour (mains from Dhs142). [Moss](#), the lagoon's evening restaurant, also has a five-course vegan tasting menu. *Marianne Voyle*

How to do it

Bubbles cost from Dhs1,831 per person, per night, including a guided Golden Circle tour taking in various national parks, geyser, Gullfoss, Secret Lagoon, and Reykjavik. [buubble.com](#)



Fish tapas at
Kukkolaforsen
Hotel's restaurant



The picturesque
Torne river



Sample reindeer
at Lapland
Guesthouse

Swedish Lapland

Celebrated for its spectacular frozen landscapes and snowy activities, Swedish Lapland's best-kept secret is its cuisine. Delicious Arctic ingredients come from pristine rivers, forests and pastures where grass grows day and night under a summer sun that almost never sets. There's plenty of reindeer on the menu, but also moose, fresh fish and roe, wild foraged berries, mushrooms, herbs and more. Intrepid food lovers can feast on traditional dishes of the Sámi, the indigenous reindeer-herding people, between icy adventures.

Guesthouses, nature camps and hotels – there's accommodation to suit everyone. The [Kukkolaforsen Hotel](http://kukkolaforsen.se) (kukkolaforsen.se) in the Torne Valley has rooms and cabins overlooking the river, and a restaurant serving an array of local seasonal produce, from reindeer to lamprey (an eel-like prehistoric fish). Book an evening in the smokehouse and cook whole whitefish over a birch-wood fire, along with Sámi flatbread scented with fennel and anise, slathered in garlic butter (an hour's cooking with dinner costs around Dhs142). Listen to local fishermen tell stories, then take to the sauna. The Swedish Sauna Academy is based in Kukkolaforsen, and the hotel has a whopping 16 places to work up a sweat.

The picturesque family-run [Lapland Guesthouse](http://laplandguesthouse.com) (laplandguesthouse.com) in Kangas is set 150km north of the Arctic Circle. When you're not snowmobiling, dogsledding, snowshoeing or watching for the Northern Lights in this remote, light-pollution-free wilderness, you can fuel up with home-cooked local produce. Dishes might include moose burgers with lingonberry relish, or desserts made from cloudberries, the highly prized golden fruit (two-course meal, Dhs142, three courses, Dhs180). [Sápmi Nature Camp](http://sapminature.com) (sapminature.com) in the

Stay in traditional tents
at Sápmi Nature Camp



Laponia World Heritage Area offers an unbeatable back-to-nature experience. Glamping is in traditional Sámi lavvu tents, fitted with double beds and wood burners. Spend the day snowshoeing or ice fishing then gather around the fire to hear host and reindeer herder Lennart Pittja talk about growing up in the Sámi community. Authentic dishes include reindeer sausage, reindeer blood pancakes, and smoked Arctic char (a type of cold-water fish). *Sue Quinn*

How to do it

Double rooms at Lapland Guesthouse start at Dhs1,237 including breakfast and use of the saunas. Double tents at Sapmi Nature Camp with breakfast, dinner and activities cost from Dhs3,330. Luleå or Kiruna are the main gateways to Swedish Lapland, connected via Stockholm with the likes of SAS (flysas.com) and Norwegian (norwegian.com). More information: swedishlapland.com.

Assistance for this feature was provided by Buubble (buubble.com); Norwegian Seafood Company (norseaco.no); the Culinary Academy of Sweden, Visit Sweden (visitsweden.com), and SAS (flysas.com).

“Authentic dishes include reindeer sausage and smoked Arctic char”

San Francisco

With a laid-back Californian vibe and a commitment to showcasing local produce, this American city offers the ideal getaway for foodies

words CHRISTINE HAYES



Ferry Building Marketplace is a place to meet and eat

Ferry Building Marketplace is the beating heart of San Francisco's food scene. Once a thriving ferry terminal, it became obsolete when the Golden Gate and Bay Bridges offered an alternative to braving the Bay.

Restored in 2003, it is now a spectacular showcase for regional producers and independent food businesses, where locals come to shop, meet the people who make their food – and eat. Run by CUESA (Center for Urban Education about Sustainable Agriculture), it promotes food as an integral part of the local community.

It's a happy place, too. Thursday nights are all about sharing pizza and tacos with friends. On Saturday, families gather, buying treats to eat, picnic-style, under the iconic Ferry Building clock tower. Smiling chefs greet regular stall holders as they fill up their carts with fresh Bay Area produce, taking pride in an abundance of organic fruit and veg from heritage carrots, calcots, kale, to cherries and apples, as well as artisan goat's cheese, honey, bread, kombucha and jams.

Inside the terminal there are takeaway and eat-in options from casual to slick. The management



Get any mushroom you fancy at Far West Fungi



cherry-picks the best in the business so there's true foodie royalty here, for example, the stylish [Boulette's Larder](http://bouletteslarder.com) (bouletteslarder.com) where the great and the good from the worlds of politics and business can be found breakfasting (try the warm, sugar-dusted beignets). TV chef Tanya Holland's [Brown Sugar Kitchen](http://brownsugarkitchen.com) (brownsugarkitchen.com) serves buttermilk fried chicken and cornmeal waffles. [Far West Fungi](http://farwestfungi.com) (farwestfungi.com) has every

variety of mushroom from button to morel; [Acme Bread](http://acmebread.com) (acmebread.com), pioneers of the artisan bread movement, uses only organic flour. San Francisco is a city that likes to drink, too. Coffee-heads are well served by [La Boulangerie de San Francisco](http://laboulangeriesf.com) (laboulangeriesf.com) where cappuccinos and lattes come in bowls. Beer and wine from nearby Napa and Sonoma can be tasted at [Ferry Plaza Wine Merchants](http://fjwmm.com) (fjwmm.com) and there's always plenty of chardonnay and Tomales Bay oysters on ice at the bay-front [Hog Island Oyster Bar](http://hogislandoysters.com) (hogislandoysters.com).

Throughout this tram-filled, steep-hilled, multicultural – and above all – foodcentric – city there are Michelin stars, pockets of Mexican, Chinese, Jewish and Vietnamese cuisine, speakeasys, street food and more. But for a flavour of the Bay Area in one place, set course for the Ferry Building. ferrybuildingmarketplace.com

How to do it

Stay at Taj Campton, rooms from Dhs951 per night, tajcamptonplace.com. For details, go to sfrtravel.com.



Lord Stanley serves high-end food in informal surroundings



Order local anchovies at The Progress



The bread is always fresh at Tartine Manufactory

Where else to eat

Tartine Manufactory

Tartine is more than a bakery. Famous for its Morning Roll (a superior cinnamon bun), a vast space is dominated by a huge central oven, with poured concrete floors, wooden booths and school chairs. Open for breakfast through dinner, it sells bread, pastries, coffee and cookery books. Standout breakfast dish: coddled eggs with horseradish, trout roe and za'atar flatbread. tartinebakery.com

Creator Burger

Burgers made by a robot sounds gimmicky. But chef David Bordow (once a mechanical engineer) is all about flavour. It's fun to watch the machine churn out a burger every 5 minutes and seriously good to eat with gourmet options for Dhs28 such as the Presidio (horseradish, salsa verde aioli and Persian lime pepper). Look out for collaborations with local chefs, too. creator.rest

Lord Stanley

With a focus on natural wine and bang-on-season local produce, this is a bit of modern San Francisco not to be missed. Start with snacks like emmenthal puffs with pistachio, or sourdough with cultured butter, then move on to Santa Barbara uni (sea urchin) with curry broth, or littleneck clams with kombu and succulents. It's high-end cuisine in casual surroundings. lordstanleysf.com

Campton Place

High-end South Indian-inspired food using Californian ingredients is chef Sriji's

mission at the Taj Campton hotel by Union Square. The Spice Route tasting menu features delicately-spiced dishes – often seafood, such as poached lobster with coastal curry; scallops, dosa and turmeric; and halibut with spiced lentil dust. It kicks off with his signature Spice Pot, a quirky, upmarket riff on chaat, served in a mini flower pot with tiny crudites, tamarind gel and yogurt foam, served over dry ice – a nod to the San Francisco fog. tajcamptonplace.com

Statebird Provisions

Watch bandana-sporting chefs flipping okonomiyaki (Japanese savoury pancakes) and knocking up short ribs and pork belly. Pick from a menu of 'commandables', including the signature Californian quail supplemented by cart service where you might be offered oysters or smoked trout. Do not miss the pickled anchovy toast. statebirdsf.com

The Progress

Next door to Statebird (under the same ownership) try a martini with smoked olive juice and rosemary oil as you snack on oysters and radishes with beet kimchi. Chef/owner Stuart Briozza's passion is Bay Area anchovies, which on our visit he served in basil oil with potato-fry bread (like a savoury donut) dunked in crème fraîche. Noisy and fun. theprogress-sf.com

Accommodation provided by Taj Campton and sf.travel.com.

INSIDER INFO

Jane Connors is general manager of Ferry Building Marketplace. Here are her top Bay Area tips.

● **Cowgirl Creamery's** Mt Tam Cheese is a Bay Area staple and a must-try for any visiting foodie. Our office's lunchtime go-to is the Mt Tam Cheese & Fig Sandwich from Acme Bread. cowgirlcreamery.com

● **Frog Hollow Farm Shop** extends the use of their seasonal ingredients. They grow peaches, avocados, olives, pears, cherries, and more. At the height of the season you can get fresh fruit at their shop in the Ferry Building and as the season goes on the peaches are used in tarts, jams, or made into syrups for iced tea or ice cream. Dried cherries are used in the winter atop oatmeal or baked into chocolate chip cookies. froghollow.com

● Casual offshoots of well-known restaurants are a trend – places like **Flour + Water** (flourandwater.com), **Rich Table** (richtablesf.com), **Che Fico** (chefico.com) and **The Slanted Door** (slanteddoor.com) have all opened venues where diners can drop by for a less formal experience, and even order to-go items.

● La Cocina's annual **Street-Food Festival** (lacocinasf.org/street-food-fest) celebrates community, culture, and of course, amazing local cuisine. For the perfect day trip, drive through the redwoods to Point Reyes Station where you can visit Cowgirl Creamery's production facility and witness Red Hawk cheese being made and aged on site. Grab some picnic items and head to Hog Island for fresh oysters along the Tomales Bay. The drive is less than an hour from the city and the area is surrounded by sprawling ranches and farmland.



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Tony Naylor

10 tips for stress-free barbecuing



[@naylor_tony](#)

Our columnist's tongue-in-cheek guide to grilling outdoors

What would a fresco season be without barbecues? Sadly, too many barbecues are chaotic, last-minute affairs where toasted hosts serve cremated chicken to sunburned guests. And, sorry, but could you eat that burger in a hot dog bun? It's all we've got left.

Surely we can do better? Here are 10 ways to improve barbecue season.

1. Ban men There are dense academic texts which, sociologically, seek to explain how masculinity intersects with incinerated pork products. Suffice to say, those least capable of producing good food (men who otherwise never cook), can regularly be found jockeying for position at the grill, criticising each other's ignition techniques or choice of charcoal and, generally, butting heads while the chops burn. See also: gadget-obsessed nerds with Dhs10,000 smokers whose pulled pork tastes like a poorly seasoned mop-head.

2. Be realistic Only invite as many people as you can reasonably feed in a timely fashion. That means six people if using a 25cm-diameter, Dhs100 bucket BBQ, not 20. Aim for quality not quantity, and streamline your menu. You can't cook confidently on a crammed grill, and timing various different cuts and meats is difficult. Choose a few items, say skirt steak and jerk chicken, and nail them.

3. Elbow grease Vibrant barbecue, as opposed to a pile of uniformly smoky meat, is all about getting busy the evening before to create robust marinades and rubs of mustard, honey, garlic, coriander seeds, olive oil, smoked paprika, chillies and herbs. That terrible cliché 'fail to prepare, prepare to fail', should be inscribed on every BBQ.

4. Start early Keep guests waiting hours for food and that mob will get hangry. Light the BBQ early so it dies



down to a white heat in good time, thus avoiding any barracking from the cheap seats.

5. Bun fight Barbecues = an element of roughing it. But setting up a 'burger station', a table where people can gussy up their patty with cheese, pickle, lettuce, sauces etc., is a simple way to elevate the experience. Position salads, plates, cutlery and kitchen roll there too, so people can serve themselves without pestering the host. It helps everyone at the barbecue relax.

6. Plant-positive The days of palming vegetarians off with skewers of raw, burnt courgette, are over. Get busy with the grilled halloumi, aubergines or avocados, and lay on some jazzy grain or charred veg salads and breads.

It's 2019. Meat-eaters love them, too.

7. Cold logic Warm drinks will ruin a barbecue as surely as rain. Fridge space being limited, troughs of iced water in which people can chill bottles are essential. Cool boxes, buckets, (cleaned out) wheelbarrows... any receptacle will do.

8. Guest list Should be limited to tried 'n' trusted combinations of your friends or family. No curveballs. No colleagues. No neighbours. Your mates do not want to make awkward small-talk with Derek from number nine because you borrow his power-hose occasionally.

9. Double trouble We see you, sneaking seconds before everyone else has eaten. Hosts: confront this menace and publicly shame sausage-hogging scoundrels. Police your grill!

10. Fallback position Be prepared to open your home to guests in the off chance of bad weather. There is nothing worse than hosts who, teeth-gritted, make everyone tough it out under greying skies.

Tony Naylor writes for *Restaurant* magazine and *The Guardian*.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN! BRUNCH FOR 2 AT THE TALK RESTAURANT! WORTH DHS598

Start the weekend with a Friday Brunch at The Talk restaurant,

located in Mövenpick Hotel Jumeirah Beach. Sit back, relax at the sound of a live jazz player and indulge in mouthwatering dishes. From our seafood station to our dessert room, you will find everything you crave for. Wash it down with a wide selection of soft beverages. A unique Friday afternoon with an unforgettable culinary experience.



WIN! A DINING VOUCHER TO SPEND AT SEVEN SANDS! WORTH DHS500

Welcome to Seven Sands. A gastronomic pleasure inspired by the rich culture and history of the Emirates. Since the beginning of time, food and eating has taken its place as the central activity of all of mankind and one of the most significant trademarks of any culture. This month, Seven Sands invites you to be among the first to sample a delicious range of new dishes which offer a different perspective on local cuisine, from a creative fusion of authentic flavours and the best local produce to modern presentations and cooking techniques. At Seven Sands, food is never only about satisfying the appetite. It's about sharing, about honesty, and above all, it's about identity.



WIN! BRUNCH FOR 2 AT THE STREET FOOD CARNIVAL BRUNCH BY SOUL STREET AT FIVE JUMEIRAH VILLAGE DUBAI! WORTH DHS700

Make brunch interesting again. Explore street food favourites from the buzzing culinary scenes around the world alongside the best street performances, every Friday, 2-5pm at Street Food Carnival Brunch by Soul Street, FIVE Jumeirah Village Dubai.



WIN! A 1-NIGHT STAYCATION AT THE ABU DHABI EDITION! WORTH DHS1,000

Experience luxury living at The Abu Dhabi EDITION. The boutique hotel offers personalized service and an inspired setting, adjacent to the Al Bateen Marina. Win an enchanting stay for two including breakfast at Market at EDITION and dinner at any of the hotel's three signature restaurants.



WIN! A FRIDAY BRUNCH AT GALLERIES LAFAYETTE GOURMET FOR 3! WORTH DHS525

Galleries Lafayette Le Gourmet celebrates and promotes fresh, organic and artisanal food and creating genuine food experiences. Join them for a unique Friday brunch with a variety of flavourful specialties.



WIN!

DINNER FOR 4 AT WOX, HYATT PLACE DUBAI/ JUMEIRAH, INCLUDING SOFT DRINKS! WORTH DHS650

Wox derives its name from the versatile, round-bottomed cooking vessel, popularly used for different methods of frying in Asia. Enjoy a menu with affordable, hand-picked dishes from across Vietnam, Singapore, Malaysia, Indonesia, Thailand and Hong Kong. Try flavoursome soups, noodles, fried rice, dumplings, curries and desserts. Taste Vietnamese beef noodle soup (Pho); Crispy fried noodles with prawns and vegetables; Wok fried shrimp in tamarind sauce; Salt and pepper stir fried squid among several other preparations, all freshly made by expert chefs. Ask the chef for 'Special of the Day' and delight in delicacies like Nasi Goreng - fried rice with vegetables, chicken, seafood and topped with an egg; Mee Goreng - spicy friend noodles or Thai duck curry. For more information or to make a booking please call +971 43131242.



WIN!

A TRADITION TURKEY FROM LE MERIDIEN DUBAI HOTEL & CONFERENCE CENTRE! WORTH DHS520

Win a traditional roast turkey weighing 4-5kg that serves up to 8 people from Le Méridien Dubai Hotel & Conference Centre. The turkey is served with herb-roasted baby potatoes, buttered carrots, Brussel sprouts, chestnut stuffing, giblet sauce, cranberry sauce, glazed chestnut and veal chipolata sausages. For more information, visit lmdvillage.com/festive.



WIN!

DINNER FOR 4 AT GALLERY CAFE/WASL DISTRICT, INCLUDING SOFT BEVERAGES! WORTH DHS500

The contemporary Gallery Café at Hyatt Place Dubai/ Wasl District in the heart of Old Dubai, aims to honour traditions and cultures of the city, clearly represented through its diverse menu. The inhouse F&B teams at Hyatt Place Dubai/ Al Wasl have designed impressive selections that are second to none in terms of cost effectiveness and taste, to cater to the needs of the local community, property guests and the wider reach of Dubai residents. Gallery Café offers freshly prepared meal options at lunch and dinner, over and above its decadent breakfast servings that are complementary for hotel guests. Visitors can savour a selection of soups, sandwiches and signature flatbreads, while those looking for lighter bites, can feast on a spread of salad options and the hummus trio. Mains comprise of an international array of delicacies spanning the Middle Eastern and Asian regions. Little ones can delight in their own dedicated menu featuring favourites such as chicken nuggets with french fries, sauteed vegetables, mashed potatoes and more.



WIN!

DINNER FOR 2 AT TOKYO VIBES JAPANESE EATERY & BAR! WORTH DHS700

Tokyo Vibes is nothing you have ever seen before. It is a buzzing party restaurant, Japanese eatery

and bar all under one roof in the heart of Soho Garden. You can start off the night by sipping on unique Japanese beverages and dine on sushi whilst the party gets going throughout the night. Tokyo Vibes is giving one lucky winner the chance to enjoy a delicious dinner for two, including a four-course set menu and welcome cocktail for each guest.



WIN!

A MYSTERY BOX EXPERIENCE FOR 2 AT MASTERCHEF, THE TV EXPERIENCE, WITH 2 BEVERAGES EACH! WORTH DHS500

MasterChef, the TV Experience

– the world-first, screen-to-plate restaurant concept at Millennium Place Marina – is offering a lucky reader the chance to try the unique Mystery Box concept. One of the most recognized elements of the TV show, the Mystery Box option is the heartbeat of the deformatized dining experience which invites adventurous diners to pick their choice of up to five ingredients from ten which includes proteins, vegetables and condiments. The in-house culinary team, headed up by Head Chef Margarita, at MasterChef, the TV Experience will then be challenged to bring the selections to life within a strict 35-minute timespan!



WIN!

DINNER FOR 2 AT NINIVE! WORTH DHS500

You are invited to experience the Oriental culture in the most rewarding way with an elegant dining experience. Ninive brings an homage to

the heritage and craftsmanship of the Middle East and North Africa. It is an invitation to travel through times and spaces, being a sophisticated step in the hustle and bustle of Dubai, capital of Modern Arabia. Ninive's cuisine combines convivial and delicious food with a modern twist. At Ninive, discover dishes from all over the region: North African Kemas meet Iraqi Tashreeb and slow cooked Dolmas. Delicious Kebabs & Couscous will make the guests travel.



WIN!

A TAKEAWAY TURKEY WITH ALL THE TRIMMINGS FOR UP TO 10 SERVINGS FROM SHERATON GRAND! WORTH DHS690

Win a takeaway turkey with all the trimmings, including crudités (carrots, cucumber, celery and bell peppers with cream cheese and chive dip, spice pumpkin dip and dried tomato dip), roasted farm turkey (bread stuffing, sweet potato mash, glazed pearl onions, oven roasted root vegetables, Brussel sprouts, giblet gravy and cranberry sauce), dessert (sweet pumpkin pie and pecan nut pie) from Sheraton Grand, Dubai.



WIN!

BRUNCH FOR 3 AT URBAN BRUNCH! WORTH DHS795

Kick start your weekend with a backyard Friday brunch. Enjoy the Urban Brunch at UBK, Movenpick Hotel, JLT, as the team cooks up a tasty line-up in the beer garden. The Urban

Brunch boasts a wide selection of grills and fun vibes with live music from 1pm - 4pm. UBK signature wings, roasts, paella and much more are up for feasting; priced at Dhs265, inclusive of unlimited selected drinks package. For the late comers, the infamous Drunch is back and starts from 4pm - 7pm, guaranteeing that the party still goes on till late once the DJ hits the decks. For more information, call 044380000 or e-mail hotel.jumeirahlakestowers.fb@movenpick.com.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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